WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

JULY/AUGUST 2019

Grilled Skirt Steak with Corn-Tomato Relish *(p.105)*

27 WAYS TO

Crush the Farmers' Market

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- DINNERS
- DESSERTS
- PARTIES

Stay Hydrated

(5 ways that are much tastier than H_2O! p.68)

2019 AMERICAN FOOD HEROES

From protecting pollinators to improving school lunches, what *can't* they do? *p.80*

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FEATURES

Purple tomatillos at the Dane County Farmers' Market

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COVER: LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS); RECIPE: PAGE 105. THIS PAGE: CEDRIC ANGELES

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Insider tips from farmers and managers at three of the country's top markets will help you shop like a pro. Plus, delicious recipes to cook up everything in your haul.
BY DEBBIE KOENIG

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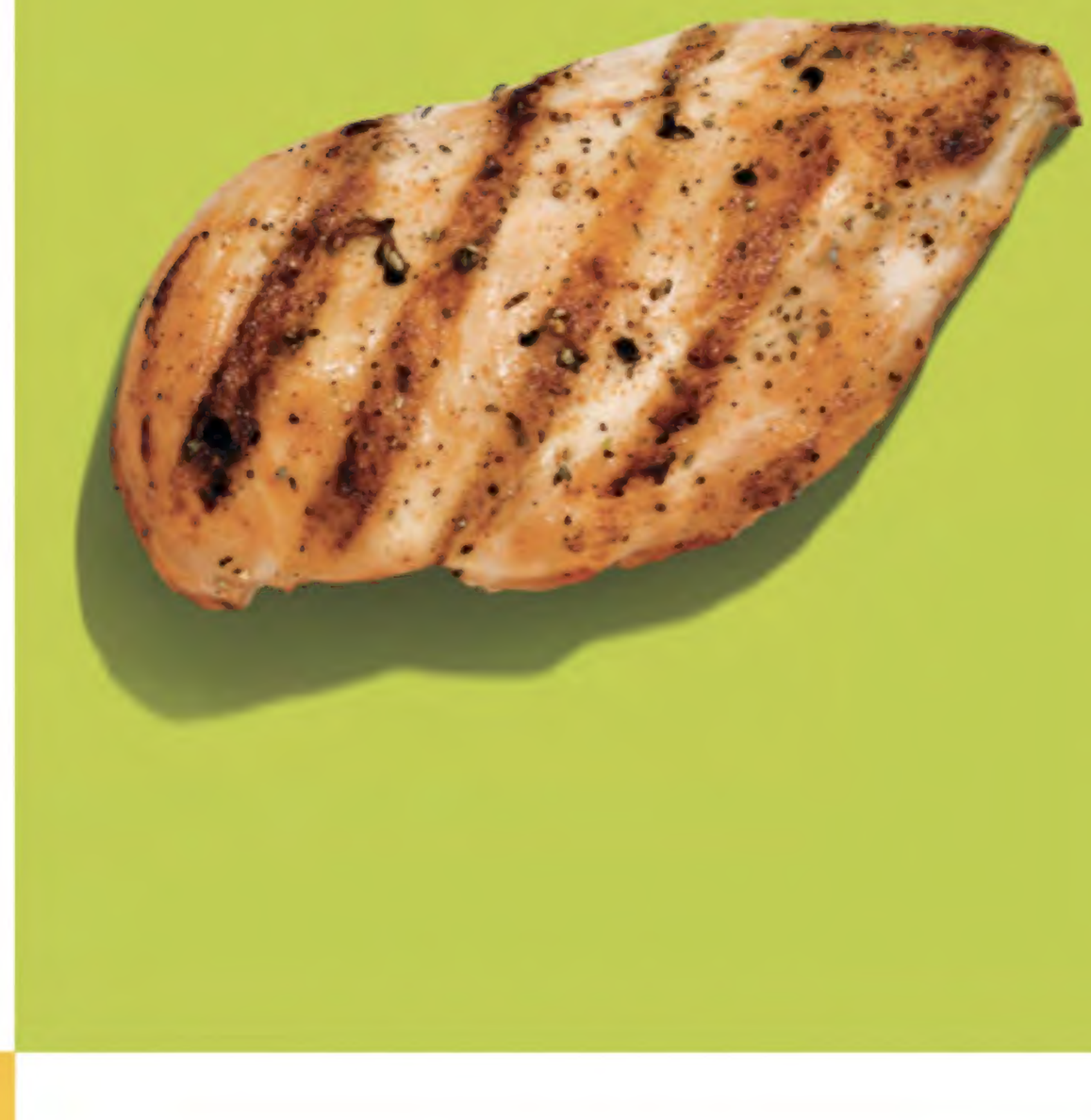
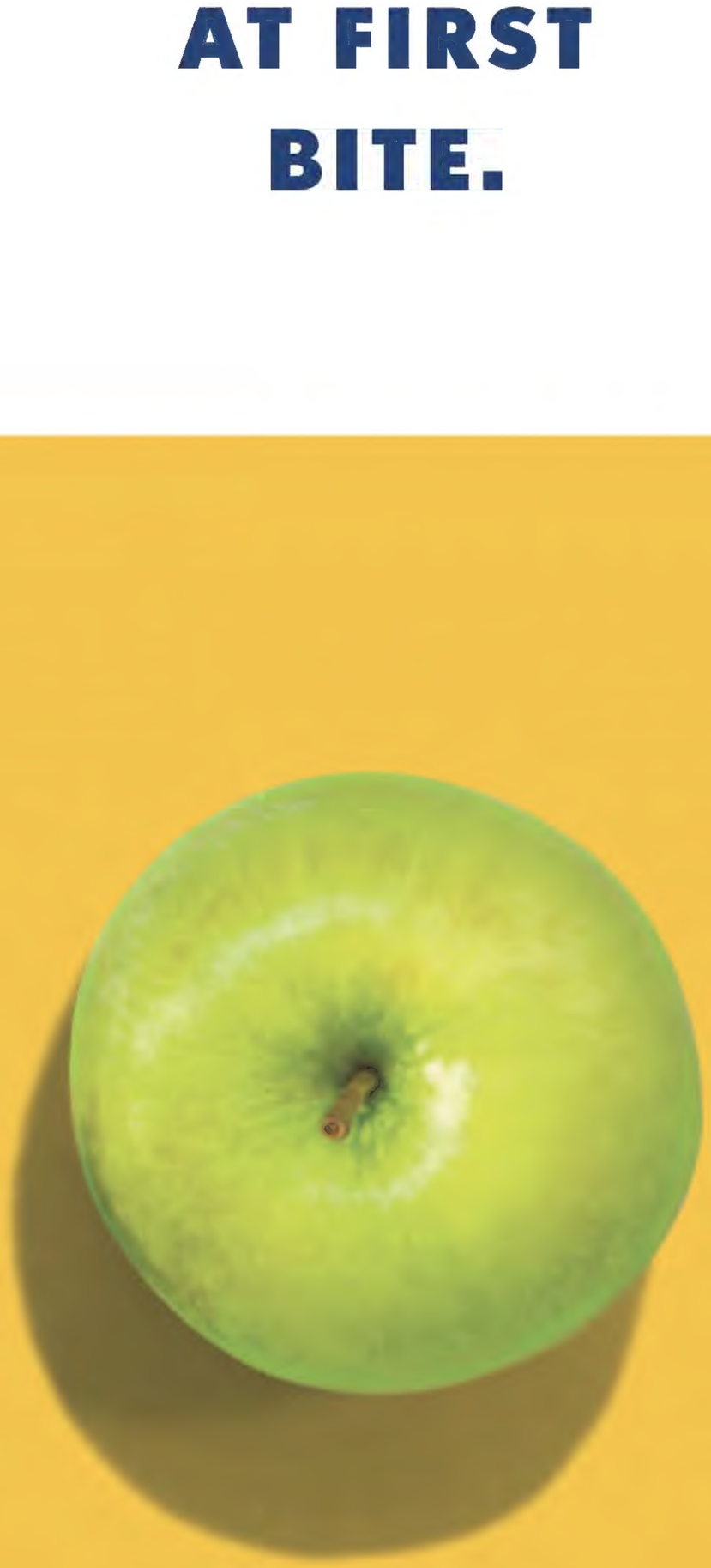
We hope you're lucky enough to taste Topp Fruits' plums, peaches or cherries this summer. For the rest of us, we offer delicious solace: recipes that will make you wish stone-fruit season would never end.
BY BETSY ANDREWS
RECIPES BY KATE MCDERMOTT

WHEN CHICKEN MET APPLE, IT WAS LOVE AT FIRST BITE.





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JULY/AUGUST 2019

DEPARTMENTS

HOW TO

Fold a Stone-Fruit Crostata

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13 Dinner Tonight
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71 Good.Food.Fast.
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129 Morsels
Get your kitchen intel here! We'll spill our secrets to whipping egg whites into glossy peaks, choosing a new kitchen faucet that lasts *(p.130)*, mixing the perfect frothy cocktail *(p.131)* and expertly folding crust for a crostata, like the one shown here *(p.133)*.

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JENNIFER CAUSEY; STYLING: MARGARET DICKEY (FOOD), HEATHER CHADDUCK HILLEGAS (PROPS)

Carter Smits and Levi Alsum *(left to right)* haul sweet corn at the farmers' market in Madison, Wisconsin. The Alsums have sold here since the '70s.

Grab Your Reusable Shopping Bags!

One of the things that's so great about our food editor, Jim Romanoff, is that he tells me all the time how much he loves his job. But his real passion is shopping for food—a day at the Jean-Talon food hall in Montreal, a stop at the Indian grocery in his neighborhood, a scouting trip through the Publix when he visits his parents in Florida. His hands-down fave is a Saturday outing to the farmers' market here in Burlington, Vermont.

So when it came time to edit our 27 tips on how to crush the farmers' market like a pro (starting on page 96), Jim and I had some of the more lively (read: too loud for the office) discussions we've had in a while. See, part of the reason I bolt from bed at 7 a.m. on summer Saturdays is to beat the competition—Jim Romanoff and the other farmers' market geeks—to get the best goodies. So really, it's not a surprise that the two of us had a hard time agreeing about picking the best heirloom tomatoes or whether it's OK to ask a farmer for seconds. These are important topics, people!

The subject that got us über riled was selecting corn on the cob. The farmer quoted in the story said never, *ever* peel back the husk. It's *rude*! Instead, just feel each ear to see if plump kernels have filled in to the top. To Jim, this tip is *all* wrong. It inspired him to write long scribbles of commentary all over the draft. His suggested rewrite: pull back the husk to have a peek, pinch a kernel off and pop it in your mouth to see how sweet it is. Now, I've talked to other farmers about the peeling pet peeve, and I really had to side with them. *I'm* not going to buy those ears after someone else has peeled them. I did concede one point to Jim—you *will* get the most info using his method. But if a little peeling is rude, that pinch may get you booted from the market! Anyway, I'm not banking on Jim changing his technique. But we did land on a solid third way that we're happy to recommend. Go ahead and grope the ear as our farmer instructs, but also ask when the corn was picked. (You get to do that... you're at the farmers' market!) If the answer is anytime in the last 24 hours, buy it!

Even if you're already a zealot like me and Jim, you'll find plenty of tips that will make your farmers' market excursions better. But most important, this story—and the whole issue—is loaded with recipes to use up all that bounty that comes along with this most delicious time of the year. Eat well!

Cheers,

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM
@JESSIEEATSWELL

HEROES IN ACTION!
Our third annual list of people making positive changes to food in America starts on page 80.

CEDRIC ANGELES

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Divine from the Vine

Ah, tomato season—that special time of year when a rainbow of varieties arrive, tasting like nothing short of sunshine. In addition to their juicy deliciousness, tomatoes contain an antioxidant called lycopene (found most abundantly in the red-hued beauties) that has been shown to guard against certain cancers, like stomach and prostate cancer. And a Harvard review of clinical studies found that eating the fruit, and products made from it—well hello, marinara sauce!—reduces cardiovascular disease risk. The antioxidant also helps protect skin from sun exposure, especially when paired with its natural partner: olive oil. Women who consumed 16 mg of lycopene daily (equivalent to noshing one medium tomato) along with the good-for-you fat had significantly fewer signs of UV damage after 12 weeks, according to a study published in the *British Journal of Dermatology*. Tomatoes are a rich source of vitamin C, as well, a nutrient that ramps up the production of collagen—a protein that keeps skin plump and youthful. *Mangia.*
—Hallie Levine

"I approach food the same way a portrait photographer would a person," says **Leigh Beisch**, who shot this image for *EatingWell*. "Heirloom tomatoes have a tremendous amount of personality and are beautiful in their imperfect, quirky shapes, smooth texture and most of all incredible color." Beisch is a San Francisco-based photographer and frequent *EatingWell* contributor. In addition to these heirlooms, she also snapped this month's cover.

FOOD STYLIST: DAN BECKER

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unique grocery find.

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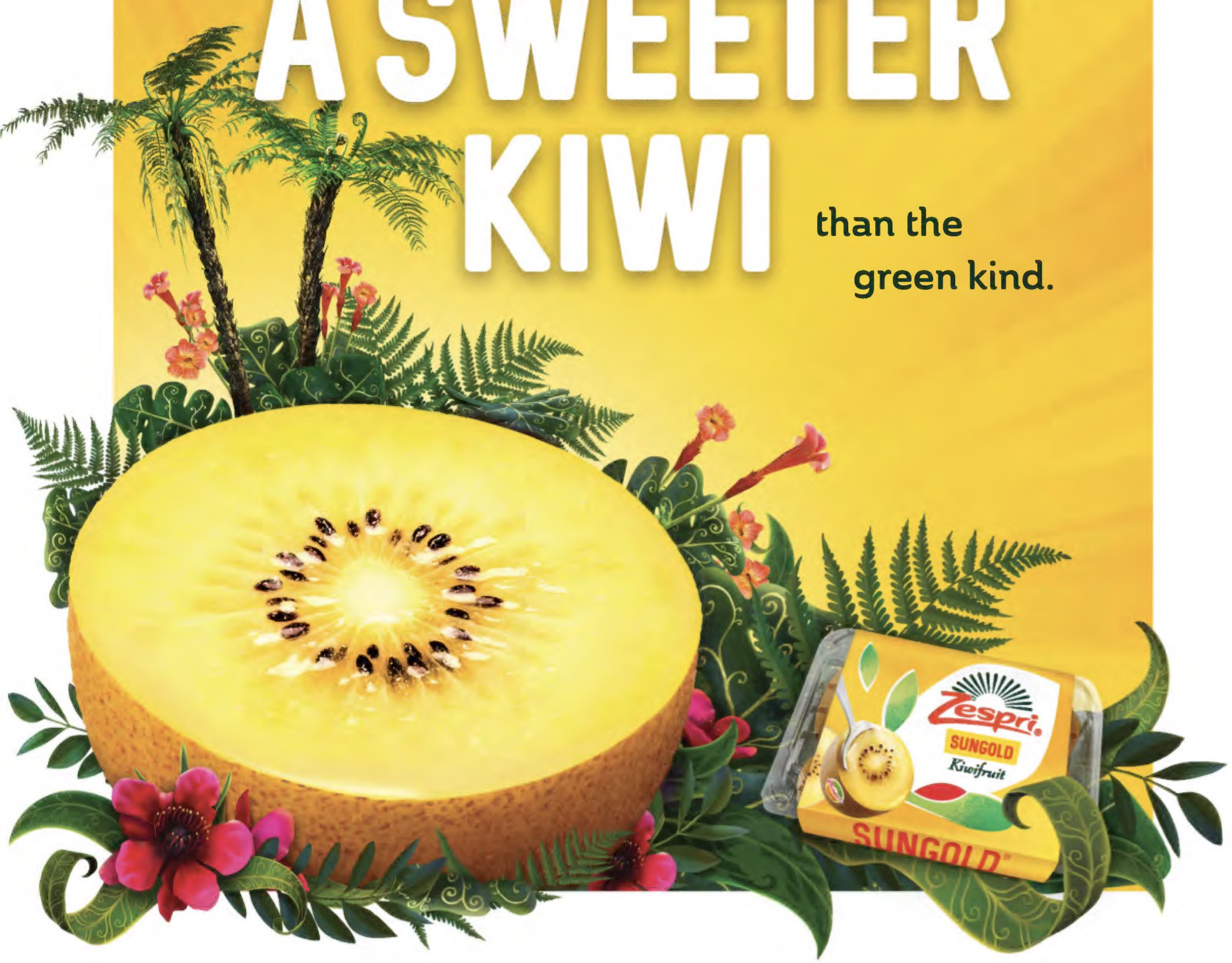
green kind.



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WHAT'S TRENDING AT

EatingWell.com

1 **Fourth of July** We've got everything red-white-and-blue for your festive crew. Find sides, mains and desserts like Flag Cake, Mixed Berry Hand Pies and Mini Angel Food Strawberry Shortcakes *(right)*. *EatingWell.com/July4th*

2 **Protein-Powered Dinners** Try our most popular protein-packed meals. How does Vegan Meatballs, Bruschetta Chicken Pasta or Grilled Lemon-Pepper Salmon in Foil sound? *EatingWell.com/ProteinPowered*

3 **Pickle It** Throw a preserving party to make fun recipes like Bloody Mary Garnishes by the Jar, Quick Pickled Beets and Olive-Cured Okra Pickles. *EatingWell.com/Pickling*

WE ASKED YOU

What is the must-not-miss thing at your farmers' market?

The bread lady who makes baked apple bread and the guy who makes all kinds of pickles: sweet and spicy! *—@p.i.n.k_elephant_*

Fresh clams! There is nothing [like] taking home a couple dozen and steaming them up.*—@kbwinegar*

Local honey by the quart! *—Mary Jo Bohn*

Pork and cheese papusas. They are life-changing! *—@ejohnson4710*

Fresh boiled peanuts. *—Lisa Lee Mills*

Sugary sweet cherry tomatoes ... I dream about them all winter long. *—Jane Lister Precht*

Eggs. The yolks are golden puddles of dippy goodness. *—@teenabee51*

Pineapple habanero jelly. *—@waitingon_paradise*

MEET THE GOOD-LIFE GURUS

These social media influencers are inspiring us to make this summer our healthiest yet!

@fitmencook

In 2009, **Kevin Curry** embarked on a weight-loss journey, changing his eating habits and also adding exercise. By 2012, he reached his goals and started a blog, "FitMenCook," to share pre- and post-workout snacks and meals like Tex-Mex Shakshuka and Orange Salmon Succotash Power Bowls. Today, Kevin's website, app and cookbook motivate others to transform their lives too.

@hipfoodiemom1

After **Alice Choi**'s first daughter was born, preparing fresh, homemade food became a priority for her. It also led Alice to discover that she loved cooking! Now, she's often in the kitchen with her daughters, ages 8 and 11, and sharing veggie-packed, kid-friendly dinners on her blog, YouTube and Instagram. You'll want to check out her fabulously healthy boards too (like the colorful one above).

@sweetpotatosoul

Jenné Claiborne is a vegan chef, cookbook author, YouTuber and blogger, plus a new mom! She went vegan in college, saw major health benefits and made it her mission to help others eat to feel their best. We follow her on Instagram for #MeatlessMonday inspo. Think: Mushroom Carnitas Tacos, Tempeh Tikka Masala and Spicy Fried Cauliflower "Chicken."

Veganize It! Hover your phone's camera over this smart code to watch **Jenné** on our Instagram cooking show!

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LETTERS

Food for the Intellect

I just wanted to express gratitude to you and your staff for such a great issue [March 2019]! I especially loved the dimension and depth you added with Barry Estabrook's article ["From the Fields to Your Table"]. Articles like these are food for the intellect and heart, for sure. I hope that more of us care about our brothers and sisters in the fields and farms. They are seldom in a position to speak up for their own well-being, and so the more we can advocate, the better their lives will be. Hopefully issues like the March one will help more and more of us see the light. Thank you for adding awareness, compassion and humanity to the world! More, please!
—Char Schmoker, Longmont, CO

#EatingWellEats

My husband and I were away all winter and I didn't receive my *EatingWell* mags until we returned. Like many, I was upset about *Cooking Light*. No more. I've already pegged numerous recipes for future meals. And even more importantly, so has my husband!
—Kathryn Allberry Gibson, Hilton, NY

A Happy Medium

I love *EatingWell* magazine! I'm a plant-based pescatarian and your magazine provides a nice balance. I don't mind the meat-based recipes because they provide me with inspiration to create a version of my own. You can't please everyone because there are so many variations of diets today, but you have done a great job of finding a happy medium.
—Lynn Collins, Prior Lake, MN

Is Vegan Really the Healthiest Diet?

I have never sent a comment before, and I felt inclined to do so after reading the *Good Health* Opinion column by Patrick Clinton [May 2019]. I loved it. I am a triple bachelor degree in science, and a master's in nursing. While I see restrictive diets as a component of eating disorders in the population I serve, I have a deep appreciation for the health benefits of incorporating more fruits and vegetables into anyone's diet. Thank you for your presentation of evidence without strong recommendations for one diet over another. Only an individual with guidance from a primary care provider should make those decisions.
—Laura Craven, M.S.N, RN, CPNP-PC, Raleigh, NC

CORRECTION *In our April issue ["In Hot Water," p.100], we incorrectly stated: "You can use any resealable plastic bag to sous vide." Unless otherwise noted, plastic bags should* not *be used for sous vide cooking. We like FoodSaver Bags and Stasher Bags—both of which are safe for sous vide.*

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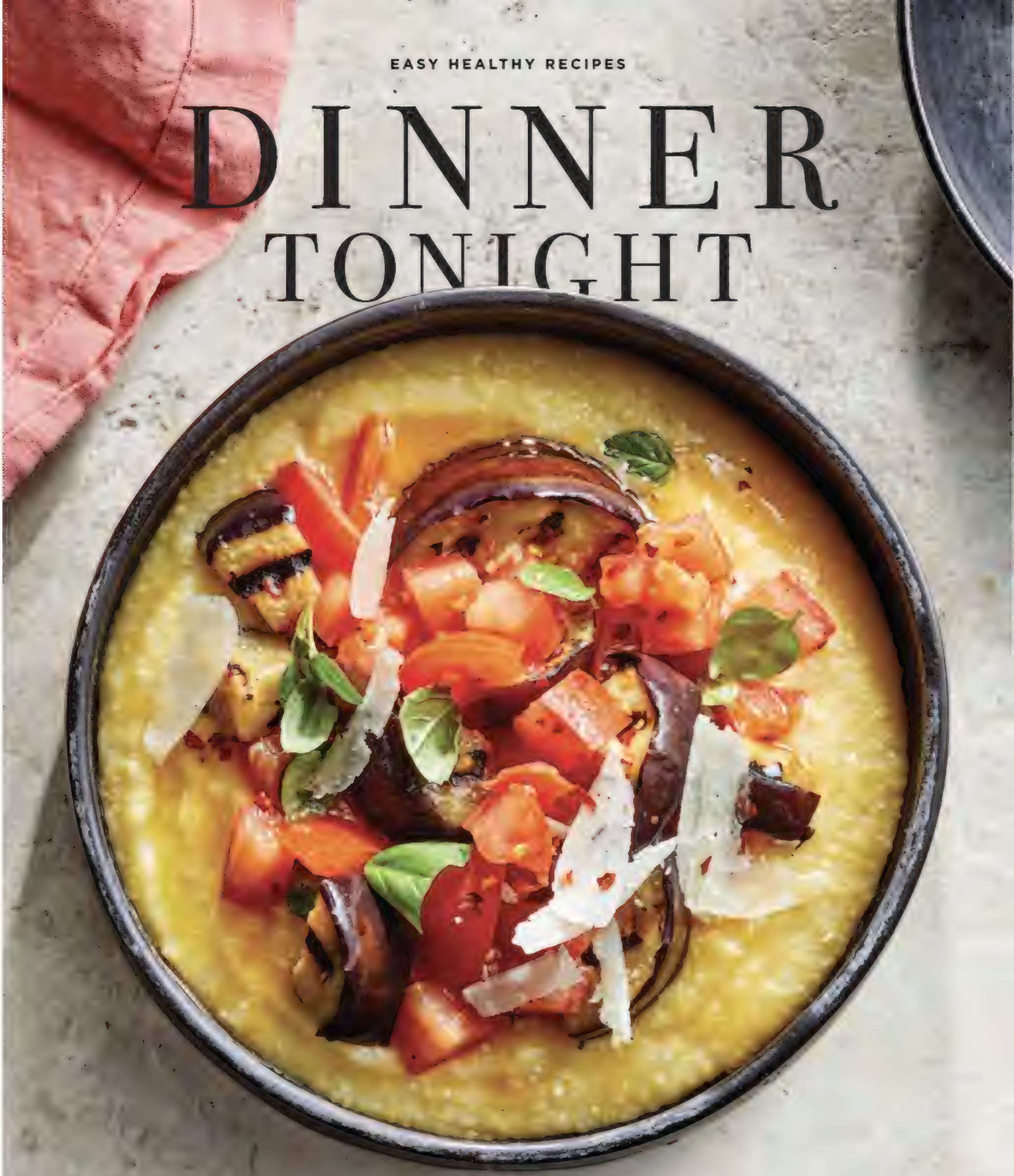
EASY HEALTHY RECIPES

DINNER TONIGHT



BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS)

Pop *of* Color

It's the height of summer! Liven up dinner with the vibrant produce of the season, like the eggplant, tomato and basil here. Turn for 3 more ways to eat the combo.

Charred Eggplant & Tomatoes with Polenta

ACTIVE: 45 min **TOTAL:** 45 min

The sweet flavor and plump flesh of ripe tomatoes are a natural fit with the silky texture that eggplant gets from grilling. You can get the same effect by broiling for about 4 minutes per side. (Photo: page 13.)

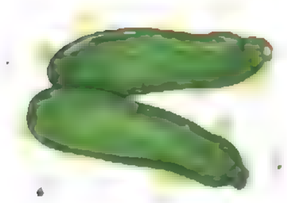
- **4 cups water**
- **1 cup cornmeal**
- **1 tablespoon butter**
- **½ teaspoon salt, divided**
- **1 pound plum tomatoes, chopped**
- **4 tablespoons extra-virgin olive oil, divided**
- **2 teaspoons chopped fresh oregano**
- **1 clove garlic, grated**
- **½ teaspoon ground pepper**
- **¼ teaspoon crushed red pepper**
- **1½ pounds eggplant, cut into ½-inch-thick slices**
- **½ cup chopped fresh basil**
- **¼ cup shaved ricotta salata *or* crumbled feta cheese**

1. Bring water to a boil in a medium saucepan over high heat. Slowly whisk in cornmeal and reduce heat to maintain a simmer. Cook, stirring occasionally, until thickened and the cornmeal is tender, about 35 minutes. Remove from heat and stir in butter and ¼ teaspoon salt.
2. Meanwhile, preheat grill to medium-high.
3. Toss tomatoes with 3 tablespoons oil, oregano, garlic, pepper, crushed red pepper and the remaining ¼ teaspoon salt in a large bowl.
4. Brush eggplant with the remaining 1 tablespoon oil. Grill, turning once, until tender and charred in spots, about 4 minutes per side. Let cool for 10 minutes. Chop into bite-size pieces and add to the tomatoes along with basil.
5. Serve the tomato mixture on top of the polenta. Sprinkle with cheese.

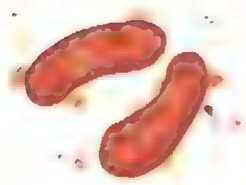
SERVES 4: ¾ cup polenta & 2 cups vegetables each

CAL 354 / **FAT** 21G (SAT 5G) / **CHOL** 16MG / **CARBS** 39G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 8G / **SODIUM** 404MG / **POTASSIUM** 783MG.

RIFF IT!



Green Up
Substitute 1 lb. zucchini for eggplant.



Make It Meaty
Add 8 oz. Italian sausage. Grill until cooked through, 8 to 10 minutes. Let cool and thinly slice.

For Pasta Lovers *(shown here)*
Trade polenta for 8 oz. whole-wheat penne, cooked according to package directions.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATIONS BY EMMA DIBBEN. RECIPES BY ADAM DOLGE

→ **FULL RIFF RECIPES** *with nutrition info at eatingwell.com/riffit*

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FERMENTED FLAIR

The Korean fermented vegetable condiment kimchi comes in a wide variety of flavors and heat levels. Gochugaru (Korean red chile flakes) in traditional or hot kimchi adds kick to this burger. If heat's not your thing, try a mild or chile-free white kimchi.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION BY EMMA DIBBEN. RECIPE BY ADAM DOLGE

Kimchi Pork Burgers

ACTIVE: 40 min **TOTAL:** 40 min
TO MAKE AHEAD: Prepare patties (Step 2) and refrigerate for up to 8 hours.

This amped-up burger swaps out beef for ground pork: it gives you similar nutrition (protein, iron, zinc) but has a milder flavor to allow this recipe's bold Asian flavors to sing.

- **1 pound ground pork**
- **1 cup sliced scallions, divided, plus 8 whole scallions, trimmed**
- **¾ cup chopped kimchi *(see Tip)*, divided**
- **1 teaspoon fish sauce**
- **¼ teaspoon ground pepper**
- **4 leaves napa cabbage**
- **1 tablespoon extra-virgin olive oil**
- **⅓ cup low-fat mayonnaise**
- **1 teaspoon honey**
- **1 teaspoon low-sodium soy sauce**
- **1 teaspoon rice vinegar**
- **4 whole-wheat hamburger buns, split and toasted, if desired**

1. Preheat grill to high.

2. Mix pork, ½ cup sliced scallions, ½ cup kimchi, fish sauce and pepper in a large bowl. Form into 4 patties, each about 4 inches wide.

3. Grill the patties, turning once, until the internal temperature registers 160°F, 4 to 6 minutes per side. Transfer to a plate and let rest for 10 minutes. Brush cabbage and whole scallions with oil and grill until charred, about 1 minute per side. Coarsely chop the cabbage and cut the scallions into 2-inch pieces.

4. Whisk mayonnaise, honey, soy sauce, vinegar and the remaining ½ cup sliced scallions in a small bowl. Serve the burgers on the buns, with the sauce, cabbage, scallions and the remaining kimchi.

SERVES 4: 1 burger each
CAL 441 / **FAT** 24G (SAT 7G) / **CHOL** 76MG / **CARBS** 32G / **TOTAL SUGARS** 7G (ADDED 1G) / **PROTEIN** 27G / **FIBER** 7G / **SODIUM** 769MG / **POTASSIUM** 617MG.

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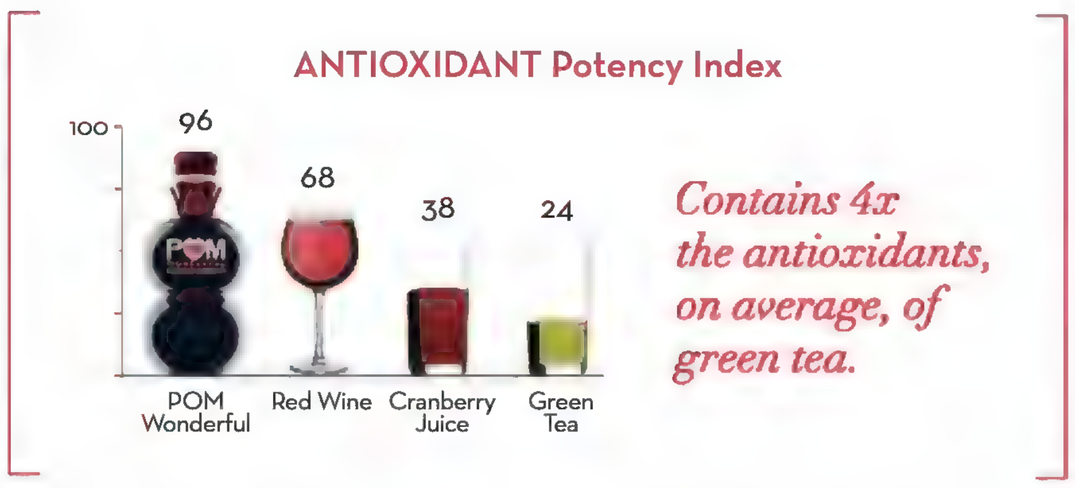

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Chipotle Chicken, Halloumi & Grilled Romaine Salad

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate dressing (Step 2) for up to 1 day.

A bright cilantro vinaigrette complements the smoky flavor from the chipotles and grilled vegetables.

- **¾ cup packed fresh cilantro leaves with tender stems**
- **2 scallions, chopped**
- **3 tablespoons lime juice**
- **2 teaspoons honey, divided**
- **¾ teaspoon salt, divided**
- **¼ teaspoon ground cumin**
- **8 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon minced canned chipotle in adobo sauce**
- **1 ear corn, husked**
- **1 medium zucchini, quartered lengthwise**
- **1 medium red onion, cut into ¼-inch-thick slices**
- **1 pound boneless, skinless chicken breasts, trimmed**
- **3 romaine hearts (3-4 ounces each)**
- **4 ounces halloumi cheese, cut into 6 slices**

1. Preheat grill to medium-high.

2. Combine cilantro, scallions, lime juice, 1 teaspoon honey, ¼ teaspoon salt, cumin and 6 tablespoons oil in a mini food processor; process until smooth. Set aside.

3. Combine chipotle, 1 tablespoon oil and the remaining 1 teaspoon honey in a small bowl. Toss the ear of corn, zucchini and onion with the remaining 1 tablespoon oil and ¼ teaspoon salt in a large bowl. Season chicken with the remaining ¼ teaspoon salt. Cut romaine hearts in half lengthwise, leaving root ends intact.

4. Oil the grill rack *(see Tip)*. Grill the chicken for 5 minutes, then turn and brush with the chipotle glaze. Continue grilling until an instant-read thermometer inserted in the thickest part registers 165°F, 5 to 8 minutes more. Grill the corn, zucchini and onion, turning frequently, until tender and charred in spots, 10 to 12 minutes total. Grill halloumi until golden brown and charred in spots, about 2 minutes per side. Grill the romaine, cut-side down, until lightly charred, 2 to 3 minutes.

5. Transfer the chicken to a clean cutting board. Let rest 5 minutes, then slice. Cut the kernels off the cob. Arrange the chicken, romaine, corn, zucchini, onion and halloumi on a platter. Drizzle with the reserved cilantro dressing.

SERVES 6: 2½ cups each

CAL 403 / **FAT** 27G (SAT 7G) / **CHOL** 55MG / **CARBS** 19G / **TOTAL SUGARS** 8G (ADDED 2G) / **PROTEIN** 24G / **FIBER** 8G / **SODIUM** 573MG / **POTASSIUM** 1,088MG.

TIP: To oil your hot grill rack, soak a paper towel with vegetable oil and hold it with tongs to rub it over the rack. (Do not use cooking spray on a hot grill.)

THE GRILLING CHEESE

Halloumi's high melting point makes it crispy when grilled, rather than melting all over the place. Got leftovers? Try pan-frying it for vegetarian tacos or cubing and broiling to make cheesy "croutons."

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS); ILLUSTRATION BY EMMA DIBBEN. RECIPE BY BREANA KILLEEN

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Pork Tenderloin with Watermelon Panzanella

ACTIVE: 40 min **TOTAL:** 40 min

Typically panzanella is made with tomatoes and dressing-soaked bread cubes. Here, the salad goes sweet and savory but keeps the same look with ripe watermelon. Spring for your favorite bread—it has a starring role in this dish.

- **1 pound pork tenderloin, trimmed**
- **1 teaspoon chili powder**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **4 slices crusty whole-wheat bread (10 ounces)**
- **3 tablespoons extra-virgin olive oil**
- **Zest & juice of 1 lime**
- **1 jalapeño pepper, seeded and minced**
- **6 cups chopped watermelon**
- **½ cup thinly sliced red onion**
- **½ cup torn fresh basil leaves**
- **¼ cup crumbled feta cheese**

1. Preheat grill to medium-high.

2. Season pork with chili powder, pepper and salt. Grill the pork, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 140°F, 12 to 14 minutes. Transfer to a clean cutting board and let rest for 10 minutes.

3. Grill bread until charred, 1 to 2 minutes per side. When cool enough to handle, cut into 1-inch pieces.

4. Meanwhile, whisk oil, lime zest, lime juice and jalapeño in a large bowl. Add watermelon, onion, basil, feta and the bread and toss to coat.

5. Slice the pork ½ inch thick and serve with the watermelon panzanella.

SERVES 4: 3 oz. pork & 2 cups panzanella each **CAL** 396 / **FAT** 16G (SAT 4G) / **CHOL** 82MG / **CARBS** 35G / **TOTAL SUGARS** 17G (ADDED 0G) / **PROTEIN** 30G / **FIBER** 2G / **SODIUM** 485MG / **POTASSIUM** 819MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS). RECIPE BY ADAM DOLGE

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MAKE EVERY SANDWICH COUNT

FAVORED CURRY

A fiery mixture of green chiles and Thai seasonings, such as lemongrass and galangal, Thai green curry paste is a kickin'-hot flavor base for soups and curries, like these noodles. But don't stop there. Use it to spice up salad dressing, marinades or even the cooking liquid for rice.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION BY EMMA DIBBEN. RECIPE BY BREANA KILLEEN

Super-Green Thai Curry

ACTIVE: 40 min **TOTAL:** 40 min

Broiling the vegetables gives them a smoky char that brings more depth to this noodle soup. If it's too hot to even think about turning on the oven, grill them for the same effect.

- **4 small baby bok choy, halved**
- **1½ cups green beans, trimmed**
- **1 medium zucchini, cut lengthwise into 8 pieces**
- **3 tablespoons toasted sesame oil, divided**
- **Pinch of salt**
- **1 small lime**
- **3 scallions, sliced, white and green parts separated**
- **3 tablespoons reduced-sodium tamari *or* soy sauce**
- **2 tablespoons Thai green curry paste *(see Tip)***
- **1 teaspoon brown sugar**
- **¼ teaspoon ground coriander**
- **1 14-ounce can coconut milk**
- **1 cup low-sodium no-chicken broth**
- **8 ounces stir-fry rice noodles**
- **¼ cup unsalted roasted peanuts, chopped**
- **Fresh Thai basil *and/or* cilantro sprigs for garnish**

1. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil. Put a large pot of water on to boil.

2. Toss bok choy, green beans and zucchini with 2 tablespoons oil and salt in a large bowl. Transfer to the prepared pan. Broil, stirring once, until lightly charred, about 6 minutes. Keep warm.

3. Zest and juice lime. Whisk the zest with the remaining 1 tablespoon oil, scallion whites, tamari (or soy sauce), curry paste, brown sugar and coriander in a large saucepan. Heat over medium heat until starting to sizzle, about 2 minutes. Cook, stirring constantly, until very fragrant, about 1 minute. Whisk in coconut milk, broth and the lime juice. Cook, stirring occasionally, until heated through, about 2 minutes.

4. Cook noodles in the boiling water according to package directions. Drain and rinse well under cold water. Divide among 4 large soup bowls. Top with the curry, the vegetables, scallion greens and peanuts. Garnish with basil and/or cilantro, if desired.

SERVES 4: 3 cups each

CAL 596 / **FAT** 37G (SAT 21G) / **CHOL** 0MG / **CARBS** 64G / **TOTAL SUGARS** 6G (ADDED 1G) / **PROTEIN** 8G / **FIBER** 5G / **SODIUM** 779MG / **POTASSIUM** 769MG.

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BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS). RECIPE BY ADAM DOLGE

Mojito-Marinated Chicken Kebabs

ACTIVE: 40 min **TOTAL:** 50 min
EQUIPMENT: 4-6 skewers (12-inch)

Using agave cuts the sugars in this recipe by half compared to granulated sugar. Plus, we love the added south-of-the-border flavor.

- **½ cup coarsely chopped fresh mint, plus more for garnish**
- **3 tablespoons lime juice**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons white rum**
- **2 teaspoons agave syrup**
- **½ teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **1½ pounds boneless, skinless chicken breast, trimmed and cut into 1-inch pieces**
- **2 medium red onions**
- **Lime wedges for serving**

1. Preheat grill to medium-high.

2. Combine mint, lime juice, oil, rum, agave, ¼ teaspoon salt and pepper in a mini food processor. Pulse until well incorporated, about 15 seconds. Reserve 2 tablespoons for serving; pour the rest into a medium bowl. Add chicken and toss to coat. Let stand for 10 minutes.

3. Cut onions into 1-inch rounds, then into quarters. Thread the onions and chicken onto separate skewers. (Save the leftover marinade.)

4. Grill the chicken for 8 minutes. Turn and brush with the leftover marinade and grill until an instant-read thermometer inserted into the thickest part registers 165°F, about 8 minutes more. Grill the onions, turning occasionally, until slightly charred, about 4 minutes per side.

5. Sprinkle the chicken and onions with the remaining ¼ teaspoon salt and drizzle with the reserved 2 tablespoons marinade. Serve with lime wedges and more mint, if desired.

SERVES 4: 1 cup each
CAL 324 / **FAT** 12G (SAT 2G) / **CHOL** 124MG / **CARBS** 10G / **TOTAL SUGARS** 5G (ADDED 2G) / **PROTEIN** 39G / **FIBER** 2G / **SODIUM** 373MG / **POTASSIUM** 716MG.

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BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS). RECIPE BY DEVON O'BRIEN

Salmon with Curried Yogurt & Cucumber Salad

ACTIVE: 20 min **TOTAL:** 20 min

Three ingredients you probably already have on hand—curry powder, yogurt and lemon juice—meld into a mouthwatering sauce that transforms simple grilled salmon.

- **1¼ pounds sustainable wild *or* farmed salmon, cut into 4 portions**
- **2 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **½ cup sliced cucumber**
- **2 tablespoons chopped fresh cilantro**
- **2 tablespoons minced shallot**
- **½ cup low-fat plain yogurt**
- **2 tablespoons lemon juice**
- **¼ teaspoon curry powder**

1. Preheat grill to medium-high.

2. Brush salmon with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper.

3. Oil the grill rack *(see Tip, page 18)*. Grill the salmon, turning once, until just cooked through, about 6 minutes.

4. Meanwhile, combine cucumber, cilantro and shallot with the remaining 1 tablespoon oil and ⅛ teaspoon each salt and pepper in a medium bowl. Whisk yogurt, lemon juice, curry powder and the remaining ⅛ teaspoon each salt and pepper in a small bowl.

5. Serve the salmon with the yogurt sauce and the cucumber salad.

SERVES 4: 4 oz. salmon, 2 Tbsp. sauce & 2 Tbsp. cucumbers each

CAL 258 / **FAT** 13G (SAT 3G) / **CHOL** 68MG / **CARBS** 4G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 30G / **FIBER** 0G / **SODIUM** 383MG / **POTASSIUM** 650MG.

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Alcon

Summer Vegetable Sesame Noodles

ACTIVE: 20 min **TOTAL:** 20 min

Squash noodles elbow out some of the starchy ones to give this cool salad a veggie boost.

- **1 medium yellow squash**
- **1 medium zucchini**
- **1 cup corn kernels, fresh *or* frozen**
- **8 ounces soba noodles**
- **¼ cup ponzu sauce *(see Tip)***
- **2 tablespoons tahini**
- **2 tablespoons toasted sesame oil**
- **1 tablespoon rice vinegar**
- **¼ teaspoon salt**
- **1 pint cherry tomatoes, halved**
- **3 scallions, sliced**
- **2 teaspoons sesame seeds**

1. Put a large saucepan of water on to boil.

2. Spiralize squash and zucchini into medium-thick "noodles." (*Alternatively, cut them lengthwise into long, thin strips with a vegetable peeler. Stop when you reach the seeds in the middle—seeds make the strips fall apart.*) Place the vegetable noodles and corn in a large colander.

3. Cook soba noodles in the boiling water according to package directions. Pour over the vegetables in the colander to drain.

4. Meanwhile, combine ponzu, tahini, oil, vinegar and salt in a large bowl.

5. Add the soba and vegetable noodles to the bowl along with tomatoes and scallions. Toss to combine. Serve topped with sesame seeds.

SERVES 4: 2 cups each

CAL 387 / **FAT** 13G (SAT 2G) / **CHOL** 0MG / **CARBS** 61G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 15G / **FIBER** 6G / **SODIUM** 629MG / **POTASSIUM** 621MG.

PONZU POINTER

This Japanese soy sauce blend gets complex flavor from tangy vinegar and citrus, plus some have added umami-packed fish flakes and seaweed. If you're vegan, look for one that skips the fish or make a substitute by combining 2 Tbsp. each soy sauce and lemon juice with a splash of rice vinegar.

Hover your phone's camera over this smart code for more spiralized vegetable recipes or visit eatingwell.com/spiralize

LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS). RECIPE BY BREANA KILLEEN

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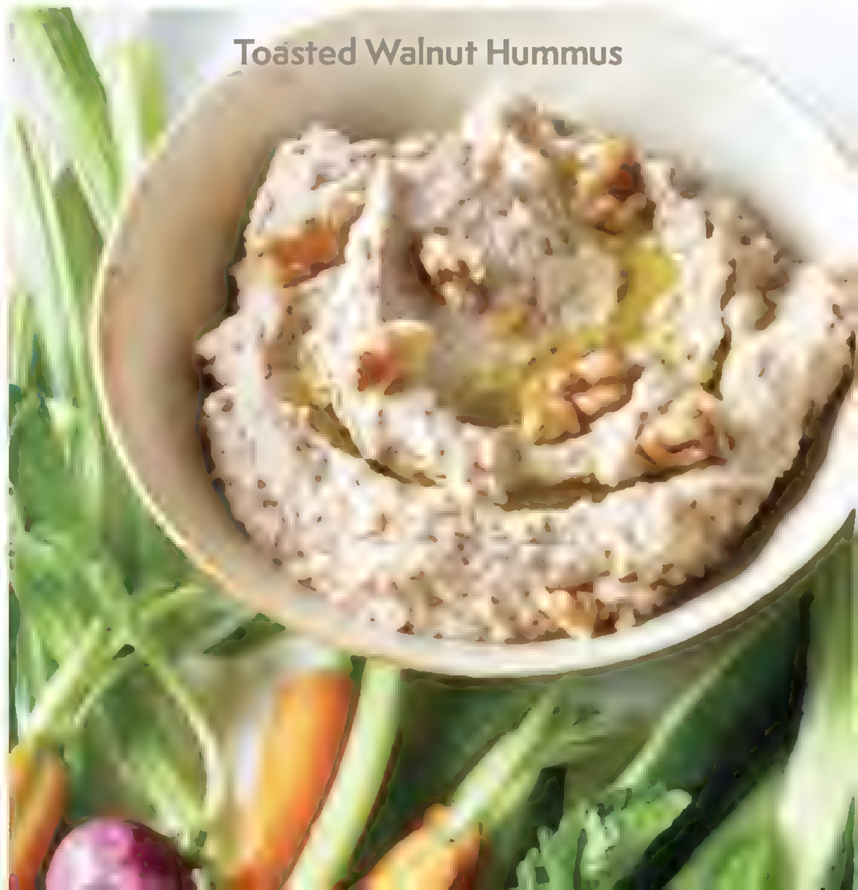

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS). RECIPE BY BREANA KILLEEN

BY THE NUMBERS

Boneless chicken thighs vary in size, so don't fret over the number you get per pound. A better measure: Aim for 4 oz. of raw meat (3 oz. cooked) per person.

Chicken with Basil-Anchovy Butter & Shishito Peppers

ACTIVE: 20 min **TOTAL:** 20 min

Don't skip the anchovies. Their fishiness blends in, adding salty, umami flavor, so that even skeptics of the salty little fish won't protest.

- **1 pound boneless, skinless chicken thighs, trimmed**
- **½ teaspoon kosher salt, divided**
- **½ teaspoon ground pepper**
- **¼ teaspoon garlic powder**
- **3 teaspoons extra-virgin olive oil, divided**
- **1½ tablespoons butter, softened**
- **1½ tablespoons chopped fresh basil**
- **2 anchovies, minced**
- **6 cups shishito *or* Padrón peppers**
- **Lemon wedges for serving, charred if desired**

1. Make three slits on one side of each chicken thigh; sprinkle with ¼ teaspoon salt, ground pepper and garlic powder.

2. Heat 1 teaspoon oil in a large cast-iron pan over medium-high heat. Add the chicken and cook, turning once, until golden brown and an instant-read thermometer inserted in the thickest part registers 165°F, 3 to 4 minutes per side. Transfer to a serving platter.

3. Meanwhile, combine butter, basil and anchovies in a small bowl.

4. Add the remaining 2 teaspoons oil and peppers to the pan. Cook, stirring and scraping up any browned bits, until starting to blacken in spots, 2 to 3 minutes. Transfer to a bowl and sprinkle with the remaining ¼ teaspoon salt.

5. Top the chicken with the butter mixture and serve with the peppers and lemon wedges, if desired.

SERVES 4: 3 oz. chicken, 1 cup peppers & 1 Tbsp. basil-anchovy butter each

CAL 265 / **FAT** 17G (SAT 6G) / **CHOL** 89MG / **CARBS** 5G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 2G / **SODIUM** 381MG / **POTASSIUM** 354MG.

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Pizza with Prosciutto, Corn & Arugula

ACTIVE: 20 min **TOTAL:** 20 min

If you have time, let the dough stand at room temperature for 10 to 15 minutes to make rolling it out easier. Thawed frozen corn works in place of fresh, just pat it dry before using.

- **1 pound pizza dough, preferably whole-wheat**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 clove garlic, minced**
- **1 cup part-skim shredded mozzarella cheese**
- **1 cup fresh corn kernels**
- **1 ounce very thinly sliced prosciutto, torn into 1-inch pieces**
- **1½ cups arugula**
- **½ cup torn fresh basil**
- **¼ teaspoon ground pepper**

1. Preheat grill to medium-high. *(Or see "No Grill? No Problem!" below.)*

2. Roll dough out on a lightly floured surface into a 12-inch oval. Transfer to a lightly floured large baking sheet. Combine 1 tablespoon oil and garlic in a small bowl. Bring the dough, the garlic oil, cheese, corn and prosciutto to the grill.

3. Oil the grill rack *(see Tip, page 18)*. Transfer the crust to the grill. Grill the dough until puffed and lightly browned, 1 to 2 minutes.

4. Flip the crust over and spread the garlic oil on it. Top with the cheese, corn and prosciutto. Grill, covered, until the cheese is melted and the crust is lightly browned on the bottom, 2 to 3 minutes more. Return the pizza to the baking sheet.

5. Top the pizza with arugula, basil and pepper. Drizzle with the remaining 1 tablespoon oil.

SERVES 4: ¼ pizza each

CAL 436 / **FAT** 20G (SAT 5G) / **CHOL** 24MG / **CARBS** 53G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 18G / **FIBER** 3G / **SODIUM** 684MG / **POTASSIUM** 199MG.

DIY DOUGH
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No Grill? No Problem!

Place the crust on a large oiled baking sheet, spread garlic oil on it and top with cheese, corn and prosciutto.

Bake at 450°F until the crust is golden on the bottom and the cheese is melted, 18 to 20 minutes.

Top with arugula, basil and pepper. Drizzle with the remaining 1 tablespoon oil.

BLAINE MOATS; STYLING: SUE HOSS (FOOD), SUE MITCHELL (PROPS). RECIPE BY BREANA KILLEEN

Avocado & White Bean Sandwich

ACTIVE: 15 min **TOTAL:** 15 min

White beans mash seamlessly into a creamy protein-packed spread for a satisfying sandwich. Mix it up by trying it with canned chickpeas or black beans.

- **2 medium avocados**
- **1 15-ounce can white beans, rinsed**
- **2 tablespoons lemon juice**
- **1 tablespoon extra-virgin olive oil**
- **1 clove garlic, grated**
- **¼ teaspoon chopped fresh thyme**
- **¼ teaspoon ground pepper**
- **8 slices whole-wheat bread, toasted**
- **1 cup chopped jarred roasted red peppers, rinsed**
- **8 thin slices sharp Cheddar cheese (about 4 ounces)**
- **4 cups baby lettuce**

Mash avocados, beans, lemon juice, oil, garlic, thyme and pepper in a medium bowl until well combined but still slightly chunky. Divide among 4 slices of bread (½ cup each). Top each sandwich with ¼ cup red peppers, 2 slices cheese, 1 cup lettuce and the remaining bread.

SERVES 4: 1 sandwich each

CAL 567 / **FAT** 30G (SAT 9G) / **CHOL** 28MG / **CARBS** 55G / **TOTAL SUGARS** 4G (ADDED 3G) / **PROTEIN** 22G / **FIBER** 15G / **SODIUM** 941MG / **POTASSIUM** 839MG.

FIBER SUPERSTARS

Avocado, beans, greens and whole-wheat bread team up to give this sandwich 15 grams of fiber, more than half of what most women should aim for in a day.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS). RECIPE BY ADAM DOLGE

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BLAINE MOATS; STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS); INSET: JESSICA ANTOLA

Poached Chicken & Arugula Salad with Tomatoes & Chili Crisp

ACTIVE: 25 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate dressing (Step 3) for up to 3 days.

Chili crisp is a savory condiment with bite that's made of a mix of chile oil and crispy seasonings, including dried chile, Sichuan peppercorn and onion. Find it in Asian markets or simply substitute chile oil.

SALAD

- **2 pounds bone-in chicken breasts**
- **3 bay leaves, preferably fresh**
- **1 small white onion, halved and thinly sliced**
- **2 large ripe tomatoes, cut into 1-inch pieces**
- **1 cup arugula *or* other flavorful leafy greens, woody stems trimmed**
- **1 cup fresh basil leaves**
- **1 cup fresh cilantro leaves**
- **½ cup fresh mint leaves**

DRESSING

- **¼ cup extra-virgin olive oil**
- **¼ cup lemon juice**
- **1 tablespoon spicy chili crisp *or* chile oil**
- **1 tablespoon ground sumac**
- **¾ teaspoon coriander seeds, toasted and crushed**
- **¾ teaspoon fennel seeds, toasted and crushed**
- **½ teaspoon ground cardamom**
- **½ teaspoon onion *or* garlic powder**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**

1. To prepare chicken & onion: Place chicken and bay leaves in a large saucepan and add water to cover by 1 inch. Bring to a simmer over high heat. Adjust heat to maintain a simmer, cover and simmer until an instant-read thermometer inserted in the thickest part without touching bone reaches 165°F, 25 to 30 minutes. Transfer the chicken to a clean cutting board.

2. Meanwhile, soak onion in ice water for 1 minute; drain and pat dry.

3. To prepare dressing: Whisk oil, lemon juice, chili crisp (or chile oil), sumac, coriander and fennel seeds, cardamom, onion (or garlic) powder, salt and pepper in a large bowl.

4. When the chicken is cool enough to handle, discard the skin and bones and shred the meat. Add the shredded chicken and any accumulated juices to the dressing, along with tomatoes and the onion; toss to coat. Add arugula (or greens), basil, cilantro and mint; toss again. Arrange on a large platter so the chicken, tomatoes and onions are distributed throughout the greens (and not sitting at the bottom).

SERVES 6: 1½ cups each

CAL 261 / **FAT** 15G (SAT 2G) / **CHOL** 68MG / **CARBS** 5G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 2G / **SODIUM** 421MG / **POTASSIUM** 423MG.

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Grilled Coleslaw with Lemon-Herb Vinaigrette

ACTIVE: 30 min **TOTAL:** 30 min

Grilling cabbage and carrots gently softens the crunchy vegetables for a smoky yet still crisp version of coleslaw.

- ¼ small green cabbage (about 12 ounces)
- ¼ small red cabbage (about 12 ounces)
- 1 large carrot
- 4 tablespoons extra-virgin olive oil, divided
- 1 large lemon, halved
- 1 tablespoon minced shallot
- 1½ teaspoons honey
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons chopped fresh herbs, such as dill, parsley *and/or* basil

1. Preheat grill to medium.

2. Cut each cabbage quarter into 3 wedges, trying to keep an equal portion of the core attached to each wedge to hold it together on the grill. Brush the cabbage wedges and carrot with 1½ tablespoons oil.

3. Grill the vegetables, turning occasionally, until lightly charred and starting to soften, 10 to 15 minutes. Grill lemon, cut-side down, until grill marks form, about 4 minutes.

4. Juice the lemon halves into a large bowl. Whisk in the remaining 2½ tablespoons oil, shallot, honey, salt and pepper. Stir in herbs.

5. Chop the vegetables into ½-inch pieces. Add to the bowl and toss with the dressing.

SERVES 4: 1 cup each

CAL 182 / **FAT** 14G (SAT 2G) / **CHOL** 0MG / **CARBS** 13G / **TOTAL SUGARS** 8G (ADDED 2G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 332MG / **POTASSIUM** 356MG.

Roasted Bell Pepper Salad with Mozzarella & Basil

ACTIVE: 20 min **TOTAL:** 20 min

Sweet peppers like red, orange and yellow bells stand in for tomatoes in this caprese-style salad and pair deliciously with the fresh mozzarella and acidic balsamic drizzle. Try green bell peppers if you prefer less sweetness.

- 4 medium sweet bell peppers, quartered and seeded
- 4 ounces fresh mozzarella, torn
- 3 tablespoons torn fresh basil leaves
- 1½ tablespoons extra-virgin olive oil
- 1 tablespoon balsamic glaze
- ½ teaspoon flaky sea salt
- ⅛ teaspoon ground pepper

1. Preheat broiler to high.

2. Broil peppers, turning once, until soft and charred in spots, about 10 minutes.

3. Arrange the peppers on a serving platter and top with mozzarella, basil, oil, balsamic glaze, salt and pepper.

SERVES 4: 1 cup each

CAL 166 / **FAT** 13G (SAT 5G) / **CHOL** 7MG / **CARBS** 9G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 1G / **SODIUM** 307MG / **POTASSIUM** 259MG.

PICKY EATERS EDITION

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS). RECIPES BY BREANA KILLEEN

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THE SEAFOOD SPICE

Old Bay seasoning gives this dish a Maryland crab-boil flavor thanks to its blend of celery salt, paprika and proprietary spices (we smell you, clove and onion). But you can sub in other seasoning blends for different regional flair—like Zatarain's for a taste of Louisiana.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION BY EMMA DIBBEN. RECIPE BY DEVON O'BRIEN

Shrimp Boil

ACTIVE: 20 min **TOTAL:** 40 min

All the fun of a beach-party meal in an easy weeknight dinner. Chicken sausage cuts calories and the leek adds extra veggies.

- **3 quarts water**
- **¼ cup Old Bay seasoning**
- **3 tablespoons lemon juice, plus lemon wedges for serving**
- **8 ounces baby potatoes**
- **8 ounces unpeeled raw shrimp (21-25 per pound)**
- **5 ounces andouille chicken sausage, cut into 1-inch pieces**
- **2 ears corn, husked and cut in half**
- **1 large leek, sliced**
- **Melted butter for serving (optional)**

1. Combine water, Old Bay and lemon juice in a large pot. Bring to a boil. Add potatoes and cook until almost tender, 15 to 20 minutes.

2. Add shrimp, sausage, corn and leek; cook, stirring occasionally, until the shrimp are pink and the vegetables are tender-crisp, 5 to 6 minutes.

3. Using a slotted spoon and tongs, divide the shrimp, sausage and vegetables among 4 serving bowls. Drizzle each portion with 2 tablespoons of the cooking liquid. Serve with butter, if desired.

SERVES 4: 2 cups each

CAL 222 / **FAT** 5G (SAT 2G) / **CHOL** 114MG / **CARBS** 23G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 21G / **FIBER** 2G / **SODIUM** 528MG / **POTASSIUM** 568MG.

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HEADY TOPPERS

Fragrant ingredients like herbs, onions and garlic, also known as aromatics, add depth of flavor to a dish. We cook them in oil at the start of this recipe to release their aroma.

BLAINE MOATS; STYLING: KELSEY BU LAT (FOOD), SUE MITCHELL (PROPS); INSET: BRETT SIMISON

Oui, Oui!

Give sheet-pan nachos a veggie-packed French twist. Kids will have fun helping out with DIY pita chips while an easy skillet ratatouille topping simmers away.

By Joy Howard

Ratatouille Nachos

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Store pita chips (Step 3) airtight at room temperature for up to 1 day. Refrigerate ratatouille (Step 2) for up to 2 days.

Baking your own pita chips is easy, plus it helps keep sodium levels in check to balance out the salty feta on top.

- **2 tablespoons extra-virgin olive oil, divided**
- **1 medium onion, chopped**
- **3 cloves garlic, minced**
- **1 teaspoon herbes de Provence**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **1 small eggplant (about 1 pound), cut into ¾-inch pieces**
- **1 medium zucchini, cut into ½-inch pieces**
- **1 medium summer squash, cut into ½-inch pieces**
- **1 medium tomato, chopped**
- **½ cup no-salt-added tomato sauce**
- **4 tablespoons chopped fresh basil, divided**
- **3 6-inch whole-wheat pitas**
- **1¼ cups crumbled feta cheese**

1. Preheat oven to 400°F.

2. Heat 1 tablespoon oil in a large skillet over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic, herbes de Provence, salt and pepper; cook, stirring occasionally, until fragrant, about 1 minute. Add eggplant, zucchini and squash; cook, stirring occasionally, until starting to soften, about 5 minutes. Stir in tomato; cook until softened, about 3 minutes. Add tomato sauce and 2 tablespoons basil; bring to a simmer. Cook, stirring occasionally, until thickened, about 10 minutes.

KIDS HELP **3.** Meanwhile, split pitas horizontally so you have 6 rounds. Brush both sides of the pitas with the remaining 1 tablespoon oil, then cut each round into 8 wedges and place on a rimmed baking sheet. Bake, turning once, until crisp, about 10 minutes.

KIDS HELP **4.** Spread the pita chips on a serving platter. Top with the ratatouille, feta and the remaining 2 tablespoons basil.

SERVES 5: 2 cups each

CAL 293 / **FAT** 15G (SAT 7G) / **CHOL** 33MG / **CARBS** 31G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 7G / **SODIUM** 599MG / **POTASSIUM** 564MG.

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Hello, Herbs!

Make one of these herb-infused sauces to serve with hot-off-the-grill meats, fish and veggies all summer long.

Tomato-Marjoram Salsa

Mash 1 minced **garlic** clove and ½ tsp. **salt** with a fork or the side of a chef's knife. Combine 1½ cups diced **tomatoes,** 2 Tbsp. finely chopped **white onion,** 2 tsp. finely chopped fresh **marjoram** and the garlic paste in a medium bowl. Season with **ground pepper** to taste.
SERVES 12: 2 Tbsp. each

Zhoug

Combine 1 cup each packed fresh **cilantro** and **flat-leaf parsley** leaves, ¼ cup **lemon juice,** 2 large chopped **jalapeños,** 2 chopped **garlic** cloves, 1 tsp. each **ground coriander** and **cumin** and ½ tsp. **salt** in a food processor. Process until finely chopped. With the motor running, slowly add ¼ cup **extra-virgin olive oil**; process until well combined.
SERVES 8: 2 Tbsp. each

Herby Raita

Shred 1 large **European cucumber.** Toss with ¼ teaspoon **salt** in a fine-mesh sieve. Let drain for 15 minutes. Shake to release any additional liquid, then transfer to a clean kitchen towel; squeeze out as much liquid as possible. Transfer to a medium bowl and stir in 1 cup **whole-milk plain yogurt,** ¼ cup finely chopped fresh **mint,** 1 tsp. **lemon juice** and ¼ tsp. each **salt** and **ground pepper.**
SERVES 12: 2 Tbsp. each

Nutrition info on page 134.

plantyourplate

Get our guide to cooking with fresh herbs by hovering your phone's camera over this smart code or go to *eatingwell.com/herbguide*.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS). RECIPES BY CAROLYN MALCOUN

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Chef *José Andrés*

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Elderberry Sunset

In a shaker half full of ice, combine 2 oz. vodka, 1 oz. elderberry syrup and 1 tsp. Bénédictine liqueur. Shake for 30 seconds, then strain into a glass of ice and top with 2 oz. Fever-Tree bitter lemon mixer. Garnish with a twist of lemon.

JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY

Ripe Now: Elderberries

Berry season is in full swing and it's the perfect time to meet one you may not be familiar with: elderberries, an old-fashioned variety that's attracting new-found attention. You'll find them wild (they're native to Eastern and Midwestern states) or planted ornamentally. And their bushes pop with big clusters of the tiny purple fruits from July to October. "They're not sweet like blueberries," says Ellen Zachos, author of *The Wildcrafted Cocktail*. "Elderberries have a tartness and a complex, deep, rich fruity flavor. And you can't just go to the grocery store and buy them—you have to go forage for them, which somehow makes them taste better to me." Elderberry products—syrups, jams, juices and wines—are much easier to find than the berries themselves; look at farmers' markets, co-ops, some grocery stores and online.

If you have tried trendy St-Germain elderflower liqueur, which is made from the same plant, the flavor of elderberry syrup is somewhat similar, but not as floral. Try the syrup in Zachos' cocktail *(above)*. And stock up on it for fall days ahead: research shows that it can help you recover from a cold faster. (One brand, Sambucol, is widely available in supermarket supplement sections.) —*Julie Stewart*

Dinner with a Side of Sustainability

ACTIVISTS KAREN LEIBOWITZ & ANTHONY MYINT ARE WORKING TO REDUCE RESTAURANTS' CARBON FOOTPRINT ONE MENU AT A TIME. BUT WILL THE INDUSTRY—AND DINERS—BITE? BY SOPHIE EGAN

Carbon. It's the stuff that comes from coal-fueled factories and idling tailpipes. Not exactly what you equate with a delicious meal, right? But food production also has a carbon footprint (the tally of all greenhouse gases it creates). And it's a big one. Globally, our food system generates nearly twice as much greenhouse gases (GHGs) as the transportation sector.

Two people keenly aware that the time to clean up our act was yesterday are restaurateurs and activists Karen Leibowitz and Anthony Myint (*below*). Their solution: carbon-neutral dining. This restaurant category aims to shrink GHG emissions to zero through a combination of eco-friendly practices and carbon-offset projects. And through their nonprofit, the Perennial Farming Initiative, this husband-wife duo is helping to make that vision a reality, not just for the San Francisco and New York City restaurants they're partners in (Mission Chinese Food and Commonwealth), but for a host of others as well via a program dubbed Zero Foodprint.

Here's how it works: Zero Foodprint conducts a life-cycle assessment of a restaurant's carbon footprint, with technical expertise from sustainability consulting firm 3Degrees. This detailed audit considers things like soil health, animal husbandry, energy use and food waste. Typically, 60 to 70 percent of carbon emissions come from the ingredients—how they were produced, processed and transported to a restaurant—with conventional red meat accounting for the largest share. So it's not enough for restaurants to just buy Energy Star's top-rated refrigerators or change all their light bulbs to LEDs. They have to change the *menu*. For instance, the Zero Foodprint restaurant Flour + Water in San Francisco, makes its bread with Kernza, a type of perennial wheat whose roots help capture and store atmospheric carbon in the ground and improve soil quality.

"One part of it is bringing in foods that are good for the environment," Leibowitz explains. "The other part is reducing harmful impacts." To compensate for the GHGs they can't eliminate, restaurants fund other sustainability efforts, like the distribution of clean-burning cookstoves to replace open fires in developing countries. Restaurants invest up to 35 cents per customer for these projects, a small cost that's typically passed on to the diner.

The mission is noble, but there are questions about its potential to go mainstream. For starters, its scale and accessibility are limited, at least for now. Last year, only 19 restaurants were signed up, all fine-dining operations—not places where folks eat regularly. But this number has jumped to 28 and more growth is on the horizon.

Another auspicious sign: the state of California recently committed to going totally carbon neutral by 2045—and because the Golden State is so massive and innovative, its initiatives tend to have nationwide ripple

(continued on page 52)

One-quarter of all greenhouse gases are attributed to the global food system.

SOURCE: ANNUAL REVIEW OF ENVIRONMENT AND RESOURCES.

→ Go Green Grains
Learn more about Kernza, the eco-friendly grain, at eatingwell.com/kernza

ALANNA HALE

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One way Mission Chinese Food in San Francisco *(above)* has gone Zero Footprint is by replacing conventional beef with meat from retired dairy cows, which has a smaller carbon footprint.

effects. As part of that effort, this past spring, the state's Air Resources Board and Department of Food and Agriculture announced a partnership with the Perennial Farming Initiative to roll out a new program called Restore California. Participating restaurants (which can be located anywhere in the world) add a 1 percent surcharge to each diner's check, which will go toward helping California farmers adopt climate-beneficial agricultural practices. Given that the state produces 67 percent of the nation's fruits and nuts (not to mention a lot of our vegetables, grains and dairy), the impact could be significant. And compared to overhauling an entire restaurant to become carbon-neutral, this alternative makes it easier for more restaurants to support the cause. So far, dozens of eateries have expressed interest, including Border Grill and Spago in Los Angeles and Benu and State Bird Provisions in San Francisco.

Restaurants may be inching on board, but the question is: will eaters follow suit? Consumer-insights firm Datassential reports that taste, price and health are the most important factors in Americans' food choices. (The environment lands at 10th on a list of 13 priorities.) This suggests that patrons are mainly making choices based on their own needs—what works for my palate, my budget, my well-being. Contributing to the greater good may be an aspirational factor for some, but not a practical one.

Other research, though, paints a less self-centered picture. A survey from the National Restaurant Association—the lobbying arm of the U.S. restaurant industry—shows that about half of consumers select a restaurant based on its environmentally friendly practices. And we're only just starting to see the shift in polls like this, says Myint: "Carbon-neutral dining is a cultural category that is starting to gain broad traction." He notes that while offering, say, carbon-neutral beef hasn't generated as much consumer buzz as he'd hoped, diners also don't balk at the carbon-offset surcharges tacked onto their checks.

Despite the real limitations, consider this powerful statement: "Now, more than ever, consumers are aware of how their dining choices affect their communities and want to support brands that align with their values. Across the board, we are seeing restaurants take steps to meet this evolving demand, conserve resources and operate more sustainably." This quote comes from Laura Abshire, director of food and sustainability policy at the National Restaurant Association, that same lobbying wing whose primary interest is protecting the restaurant industry's bottom line. When they concede this point—you know there's something to it.

SOPHIE EGAN *is a San Francisco-based food and health writer, and author of the book* Devoured: How What We Eat Defines Who We Are.

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WILL TRAVEL FOR

Food Festivals

This summer, geek out on mushrooms, cherries, oysters, peanuts and garlic at these ingredient-centric celebrations.

By Karen Asp

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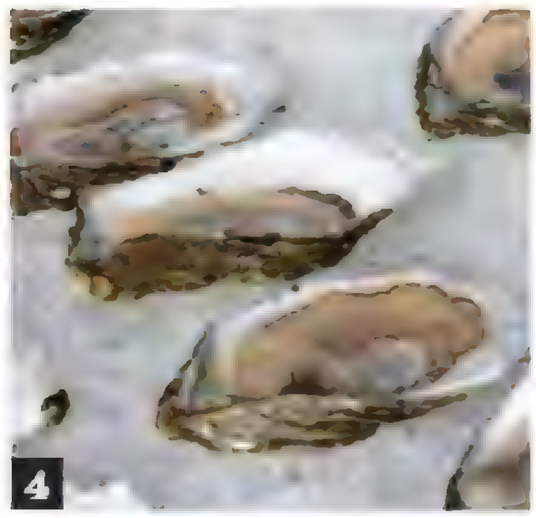
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1 GILROY GARLIC FESTIVAL, GILROY, CA All aboard the Garlic Train! Yes, actual trains that leave from San Jose and San Francisco bring allium adorers to the world's largest garlic fest (it's *Guinness World Records* official). Chefs use over 2 tons of the California-grown cloves to cook up garlic-laced calamari and shrimp in flaming skillets—and other deliciously pungent eats, including garlic fries, popcorn and bread. There are also cooking demos and competitions, live music and even the crowning of the garlic festival queen. Want to try something really bold? End the day with garlic ice cream or a garlic-infused cocktail. July 26-28; $20 per day, children 9 & under free. *gilroygarlicfestival.com*

2 NATIONAL CHERRY FESTIVAL, TRAVERSE CITY, MI Welcome to cherry central, where 76 percent of all U.S. tart cherries are grown. Roughly 500,000 attendees gobble up a whopping 40,000 pounds of the sour fruit at this festival, served up in smoothies, salads and pie (naturally). Of the 150 events, favorites include orchard tours, learning the right way to pit cherries, and pit-spitting contests—champs can reach over 60 feet! Find all your cherry souvenirs at the farm market, from the expected (but no less delicious) jams and wines to more creative uses, like salsa and mustard. June 29-July 6; most events are free. *cherryfestival.org*

3 SUFFOLK PEANUT FESTIVAL, SUFFOLK, VA This town may not be the country's biggest peanut producer anymore (Sylvester, Georgia, claims that honor), but the annual celebration of its nutty history is still going 42 years strong. Nowhere else will you find a peanut butter sculpting contest, where people mold 5 pounds of a specially formulated spread before your eyes—think lighthouses, mermaids and turtles. Sadly, the creations are made from extra-thick peanut butter that's not edible. But there's plenty of food you *can* snack on, like peanut pie and dry-roasted peanuts. October 10-13; $10 per day, children 10 & under free. *suffolkpeanutfest.com*

4 WELLFLEET OYSTERFEST, WELLFLEET, MA About 130,000 pieces of shellfish (all types) are consumed during this Cape Cod festival, with oysters stealing the spotlight. Enjoy offerings like buttermilk fried oysters, oyster Rockefeller crepes and a stout made from Wellfleet oysters by Massachusetts-based Sam Adams Brewery. Then see who takes the prize for opening two dozen oysters the fastest at the Shuck Off. Last year's winner did it in 2 minutes 25 seconds. The organizer, Shellfish Promotion and Tasting, Inc., collects the weekend's discarded shells—about 5 tons worth—and returns them to the harbor to help create habitat for marine life. October 19-20; $10 per day, children 12 & under free. *wellfleetspat.org*

5 TELLURIDE MUSHROOM FESTIVAL, TELLURIDE, CO "Some of the most prized wild mushrooms in North America are collected from the expansive nearby Colorado forests," says Britt A. Bunyard, the festival's executive director, making this the perfect—and a particularly stunning—spot for fungi festivities. Sign up for a full- or part-day mushroom foraging foray or sit in on a mushroom IDing class. At the chefs' cook-off, mushrooms appear in dishes like pizza topped with braised wild hawk's wing mushrooms, rainbow trout stuffed with chanterelles, and sweet candy cap mushroom ice cream. You'll also find a locally brewed mushroom beer. Be sure to check out the parade on Saturday, where people like mushroom advocate Art Goodtimes, *above,* dress up as their favorite fungi variety. August 14-18; $300 for the weekend (but many events are free, so check the schedule). *tellurideinstitute.org*

Fest on the Move On your marks, get set, nosh! Part food fest, part fun run, the Fit Foodie Festival & 5K in Denver on August 3 will feature a cooking demo by *EatingWell's* Test Kitchen manager. Plus, we're psyched about the wellness offerings at Westin, the host hotel. For more locations and dates, visit *fitfoodierun.com.*

MEDIANEWS GROUP/THE MERCURY NEWS VIA GETTY IMAGES; JOHN GONZALEZ; COURTESY OF SUFFOLK PEANUT FEST; CINDY GOFF/ALAMY STOCK PHOTO; ALEX PULLEN

The Three Little Words Every Host Dreads

A Survival Guide **By Susan Reid**

"Awesome work, Janice! Just buy me 10 more minutes!"

Chefs are an untidy mixture of technician, creative savant, coach and supreme dictator. I am guilty of all of these traits. There's no time for niceties in the steamy, sleeves-up, controlled chaos of a commercial kitchen, where the native language is profanity. And parties are when my Type A tends to come out. Like the barbecue I threw last summer. I had broken my leg that winter, and for three months my friends had shown up to help. They took out the trash, brought me groceries, shoveled snow off the steps, folded my laundry and generally kept me afloat.

Once back on my feet, I wanted to say thank you. I would do my talking, as usual, through the food—putting gratitude into every bite. I broke out the offset barrel smoker for ribs, pulled pork and chicken, cooked up all the fixin's, then baked an entire roomful of ridiculous desserts. That was the easy part. I know how to get food to do what I want it to do.

People are a different story. They show up to parties full of energy and good intentions. And they always ask the worst question a host—especially control-freak-chef me—can ever hear:

"Can I help?"

We all appreciate the sentiment behind this polite query, but come on, admit it. You dread it too. Why?

Because you have to pretend you're delighted they've offered.

Because it means you'll forget the eight things you were keeping track of when they asked.

Because it will take twice as long to explain what you need than it would to just do it yourself.

Because if you don't give them something concrete to do, they're going to freelance—and God only knows what happens then.

Short of putting your head in the oven and leaving it there, here's what you do: Choose four to six of your favorite, most unstoppable guests (you know the ones) and give them specific tasks that show off their strengths.

For your spreadsheet-wizard co-worker: label duty.
Labeling your infrastructure at a party is key—otherwise you risk finding a half-gnawed spareribs in your favorite houseplant the next day. So dedicate at least two receptacles each for trash, recycling and compost and have your wizard hang up signs that even a fruit fly could figure out: trash *here,* recycling *here,* compost *here.* (Bonus points if the wiz brings his label maker.)

Teenage guests? Two words: lawn graffiti.
Unsupervised party parking is like an untenable game of automotive Jenga. Solution: Send the kids off with cans of spray paint and have them mark parking lines on the lawn. Also arrows. It's a great job for bored teenagers who were dragged to the party by their parents and would rather be anywhere else—*like, for serious.* (Plus, show me a 14-year-old who wouldn't love an excuse to tag the landscaping.) Slip the most responsible kid in the bunch $5 to police against boobs and other unsavory 14-year-old scribblings. They're hard to remove.

Appoint your wine-aficionado neighbor to be barkeep.
She can set up the coolers and ice—and put out stickers you've raided from your kid's room (budget-friendly "wine charms"!) next to the plastic cups. Make it clear that she's in charge of keeping those coolers stocked. Helpful hint: If said barkeep oversamples her wares, have a backup in your back pocket.

For your trusty friend: sous chef.
And by "sous chef" I mean that her one and only job is to run interference and keep unwanted "helpers" away from you.

Out-of-town guests? Pull up a sponge.
Announce that the rent for their stay is dish duty. Tell them that this is their time to shine. And to get you another glass of wine before they start.

Finally, don't feel bad about deputizing guests! Believe me, if they're willing to fold your underwear, they won't mind hanging signs or parking themselves by the booze. And instead of acting as information booth, ringmaster, herder of cats and servant, you'll have the luxury of conversing with the people you care about and enjoying your own event. And that's worth celebrating.

SUSAN REID *is a chef and food editor of King Arthur Flour's* Sift *magazine.*

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Do Dogs Feel Empathy?

FIDO MIGHT BE MORE IN TUNE WITH YOU THAN YOU THINK
BY SHARON MCDONNELL

Empathy—the psychological ability to feel others' emotions—is the tug on your heartstrings that makes you rush over to your friend's house, pint of ice cream in hand, when she tells you she's split with her S.O. And research suggests your dog may experience empathy too. (If you've seen that viral video of a dog whimpering while watching the tragic death scene in *The Lion King*, you may have already guessed as much.) A study published in the journal *Learning & Behavior* found that dogs who heard their owners call "Help!" in a distressed tone opened a magnet-sealed door to reach them more than a minute faster, on average, compared to hearing them hum a nursery rhyme—regardless of the breed, age or sex of the pooch.

Of course we can't know exactly what dogs are feeling, but they often act in empathetic ways they weren't taught, like nuzzling a crying baby, or pulling a child back to shore who swam too far, says Aaron McDonald, a canine behaviorist, dog trainer and author of *Three Dimensional Dog: A Unified Theory of Canine Behavior*: "This gives us important insight into the mind and motivation of dogs. These behaviors show us they possess an innate concern for the well-being of others—which they begin to develop around just 3 months of age." And because of this attentiveness, pups can immediately tell when something is awry. "Dogs are like FBI profilers: they're always keenly attuned to everything going on in a family—the sights, sounds, patterns. They record every nuance of 'normal' life, and become concerned if we break that pattern," he says.

Being aware of how sensitive your dog is can help you be a better owner—by making you more aware of how you act in front of him, especially when it comes to using harsh tones when your dog is in earshot (even if it's not directed at him). "Yelling signals that something is wrong," says McDonald. "So it is best for families to practice calm serenity around their dogs. This will help them relax and feel content at home."

LWA/GETTY IMAGES

→ **Woof!** *Find more answers at eatingwell.com/pets*

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GOOD HEALTH

LEIGH BEISCH; FOOD STYLIST: DAN BECKER

The Scoop on Nightshades

THIS FAMILY OF PRODUCE HAS GOTTEN A LOT OF, WELL, SHADE, BUT WHAT DOES THE SCIENCE REALLY SAY? BY JULIE STEWART

Tomatoes, eggplants, okra, potatoes and all manner of peppers (bell and otherwise): these familiar produce picks are members of the nightshade family. Like other fruits and veggies, they pack plenty of beneficial nutrients like the cholesterol-reducing lycopene in tomatoes and potatoes' blood-pressure-lowering potassium. So why are they *non grata* in some diets?

Nightshades contain compounds (such as glycoalkaloids and tropane alkaloids) that nightshade opponents claim can increase inflammation in the body, leading to health issues. "In high concentrations, these compounds are quite toxic," says Gaurav Moghe, Ph.D., an assistant professor of plant biology at Cornell University. (They're what make ornamental nightshades like petunias unfit to eat.) While edible nightshades also have some of these same compounds, he says the levels are so teeny that they're harmless for the majority of healthy individuals, and no solid research suggests otherwise.

Some folks with inflammatory conditions, such as eczema, psoriasis and inflammatory bowel disease, report feeling better after nixing nightshades, but the research is far from definitive. In some of the studies, participants eliminated multiple food groups—so, was it the nightshades or something else? Plus, some improvements were self-reported (not measured by a doctor).

Bottom Line: If you have an inflammatory condition, talk to your doctor to see if it's worth trying a nightshade-elimination diet. Otherwise, as long as you feel fine when you eat grilled eggplant or a tomato sandwich, keep enjoying these nutritious plants.

3 TIPS FOR

Sunnies Season

SUMMER HAS A WAY OF MAKING US THINK MORE ABOUT OUR PEEPERS—MUST BE ALL THE SUN, SURF AND STYLISH SHADES! TRY THESE TIPS FOR KEEPING YOUR EYES HAPPY. BY LESLIE GOLDMAN

Don the Right Shades
Sunglasses don't just finish your summer look, they also screen out the sun's harmful rays, says Alan Mendelsohn, M.D., F.A.C.S., an ophthalmologist in Hollywood, Florida. Yet nearly 30 percent of Americans neglect to wear them—shady behavior for your eyes. UV exposure is linked to cataracts, vision loss and eye cancer (including melanoma). And a sunburn on your cornea can happen in a few spec-free hours at the beach. Pick a polarized pair labeled UV400 for the greatest protection from UVA and UVB rays. To safeguard your eyes from the inside out, enjoy your morning brew: research suggests that coffee's caffeine may help prevent UV damage.

Be Screen Smart
On average, Americans spend eight-plus hours a day staring at screens, and all of that tech emanates blue light, a type of wavelength that soaks into your retina. Over time, this can lead to macular degeneration—the leading cause of blindness in the U.S. "We're especially worried about millennials," says Mendelsohn. "We're seeing a precursor condition to macular degeneration (called drusen) at earlier ages than ever before." Slashing screen time isn't always feasible, so load up on foods that contain lutein and zeaxanthin. Found in spinach, egg yolks and red bell peppers, these nutrients help protect your eyes from blue light.

Pamper Parched Eyes
Hot temps, windy days on a sandy beach, swimming in the sea or a chlorinated pool—any one of these things can leave eyes begging for moisture. Fortunately, a mild case of dry eye can be treated with over-the-counter lubricating eye drops. "They're like windshield wiper fluid for the eyes," Mendelsohn says. He recommends storing the bottle in the refrigerator. "The cold changes the thickness of the drops, so they penetrate the surface of the cornea better." If you find yourself needing a squeeze more than four times a day, though, see an eye doc. This might be a sign of a bigger eye-health issue.

PROTECT YOUR POUT

We like these lip balms for their SPF and sheer pop of color:

Coola Mineral Liplux Organic Tinted Lip Balm Sunscreen
SPF 30, $18

Neutrogena Revitalizing Lip Balm Sunscreen
SPF 20, $9

Fresh Sugar Tulip Lip Treatment Sunscreen
SPF 15, $24

THOMAS BARWICK/GETTY IMAGES

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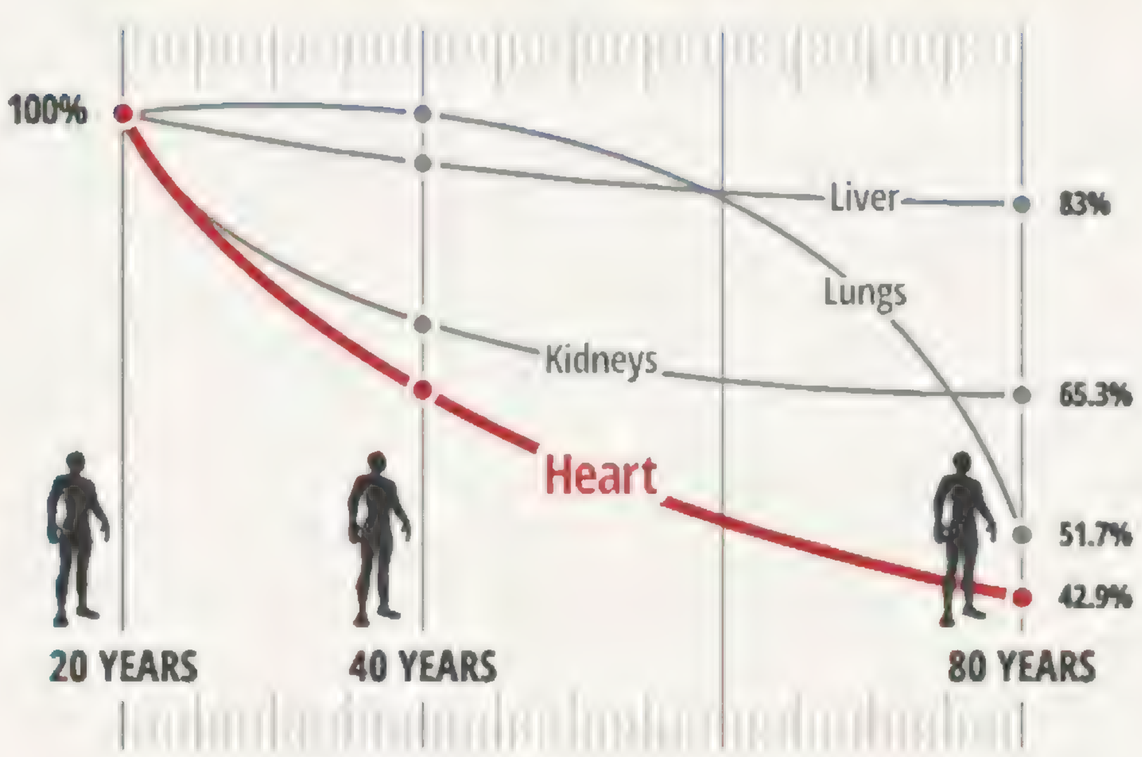
CoQ10 Distribution in the Human Body



Source: A. Kalen et al. Lipids, 24, 579 (1989)

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Metabolically Speaking

AFFECTING 1 IN 3 AMERICANS, METABOLIC SYNDROME HAS HIT AN ALL-TIME HIGH. HERE'S WHAT TO KNOW AND HOW TO TAKE CONTROL. BY CHRISTINE YU

Obesity, elevated blood sugar, high blood pressure, unhealthy cholesterol or triglyceride levels—any one of these conditions on its own is cause for concern. But a whopping 34 percent of U.S. adults have at least three of them (up from 25 percent two decades ago), a perfect storm of health problems, called metabolic syndrome, that doubles the risk for type 2 diabetes and bumps up the odds of heart disease fivefold. Whether you have some or all of the hallmarks of metabolic syndrome, here are four steps to help you get to a healthier place.

SCALE BACK A study published in *Mayo Clinic Proceedings* found that obese and overweight people who shed at least 15 percent of their body weight—and kept it off for a year—had a 37 percent lower risk of metabolic syndrome. Even a 5 percent drop can improve insulin sensitivity and reduce belly fat (another risk factor).

GUAC OUT Your avocado obsession is probably a good thing. People who eat, on average, half an avocado a day have lower body weight, BMI and waist circumference, cutting their odds of developing metabolic syndrome by half, according to a study published in *Nutrition Journal*. Granted, avocado eaters may have an overall healthier diet, but a review of 31 studies published in *Phytotherapy Research* suggests that the buttery fruit itself can improve cholesterol levels. Thank avocado's healthy monounsaturated fats, which help lower LDL (bad) cholesterol and boost HDL (the good kind).

STRIKE A POSE Physical activity is key for countering metabolic syndrome, and, good news: yoga counts. Obese and overweight dieters—who either had metabolic syndrome or were at risk for it—saw their waistlines shrink about an inch after two weeks of daily yoga sessions. Their LDL cholesterol and BMI also dropped. Plus, other research shows that getting bendy for an hour, three times a week, reduces inflammation in people who have metabolic syndrome, helping to alleviate conditions like diabetes and heart disease.

STARCH IT As if you needed a reason to enjoy carbs, a study published in *Scientific Reports* suggests that a special type called resistant starch may help. People with metabolic syndrome who ate about 10 grams of the stuff daily improved their cholesterol in 12 weeks. These perks may come from the carb's prebiotic effects: this starch resists digestion until it gets to the large intestine, where it feeds certain good gut bacteria that convert cholesterol into a form that can be excreted from the body. Get your fix from white beans (4 g resistant starch per ½ cup), green bananas (4 g per medium fruit) or cooked, cooled potatoes (the process turns starch into the resistant kind, 10 g per medium spud).

THE NUMBERS

Metabolic syndrome is a cluster of at least 3 of these measures:

Waist measurement
- ∗35 inches (women)
- ∗40 inches (men)

Triglycerides
- ∗150 mg/dL

HDL cholesterol
-) 50 mg/dL (women)
-) 40 mg/dL (men)

Blood pressure
- ∗130/85 mmHg

Fasting blood sugar
- ∗100 mg/dL

LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS)

→ **Beyond Avocado Toast** Get more ways to enjoy avocado at eatingwell.com/avocado

PAULA WINKLER/GETTY IMAGES

Sweat Isn't Stinky

AND FOUR OTHER COOL FACTS TO GET YOU THROUGH THE STICKIEST TIME OF YEAR. BY LINDSAY TIGAR

The average person has 4 million sweat glands. And, fun fact: The vast majority of these glands are on your hands and feet. Some people have more than others, but that doesn't always equal more sweat. You can have fewer sweat glands that are more active. Excessive perspiration affects nearly 1 in 50 Americans. (Feel like you're constantly sweating? Speak with a dermatologist about treatments, such as special antiperspirants or Botox injections.)

You are born with a fixed number of sweat glands—but you don't sweat the same over your lifespan. As you age, you'll likely sweat less. (Well, with the exception of menopause-induced hot flashes.) Papri Sarkar, M.D., a dermatologist in Boston, explains, "Our skin becomes less metabolically active later in life and sweat glands shrink in size." The result: less schvitzing.

Sweat isn't always salty. Perspiration is mostly water with scant amounts of electrolytes—namely sodium chloride (salt), potassium and bicarbonate. "The body will try to hold on to as much sodium as it can because this nutrient plays a key role in many biological processes, like maintaining blood pressure and making muscles contract," says Sarkar. "There are mechanisms in your sweat glands to pull the salt back in before sweat is secreted. But, if you sweat a lot or sweat quickly, your body doesn't have enough time to absorb the sodium and it will be saltier in these situations." If you lose 5-plus pounds of water during a long, hard workout or a sweltering day outside you'll need to replenish more than just H_2O, so have a drink or snack that contains potassium and sodium.

Sweat is odorless. Stink only happens when sweat mixes with bacteria on your skin. Exfoliating a few times a week helps, but switching up your antiperspirant routine can also reduce the P.U. factor. Jennifer Deaver Peterson, M.D., a dermatologist in Houston, recommends applying it at night and washing it off in the morning. Because you sweat less at night, this strategy more effectively plugs up your glands—and reduces sweat production the next day. (Heads up: This only works with antiperspirant, not deodorant, so check your labels.)

Get red-faced when you sweat? It's about your blood vessels. Why does your friend look cool as a cucumber after hot yoga and you look like a cooked lobster? When your body gets hot, the blood vessels under the surface of your skin expand, allowing more blood flow to help cool you off. This is true for everyone but in some people, these vessels are more visible through the skin—particularly if you have a fair complexion, explains Los Angeles-based dermatologist Jeanette M. Black, M.D. If this happens to you, give yourself more time to cool down post-workout, which will help those blood vessels relax.

Hydration by the Numbers

FUN—AND SURPRISINGLY USEFUL—STATS ON GETTING ENOUGH H_2O. BY HALLIE LEVINE

91

Number of ounces of liquid (from food and drink) most women need daily. Men, add 34 ounces. But this is an estimate. "The best way to make sure you're hydrated is to check your urine," explains Rahaf Al Bochi, R.D.N., L.D. "It should be a very pale yellow." Darker? Drink up.

SOURCE: NATIONAL ACADEMIES OF SCIENCES, ENGINEERING, AND MEDICINE

7-10

The number of ounces of water you should drink every 10 to 20 minutes during exercise. Aim for more the harder you work.

SOURCE: AMERICAN COUNCIL ON EXERCISE

5

Pounds of water weight lost (from sweating or inadequate H_2O intake) that can reduce attention span and cognitive function in a 150-pound person. Sweat rates vary, but you could lose this much exercising moderately for 90 minutes on a warm day.

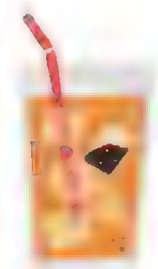
SOURCE: MEDICINE & SCIENCE IN SPORTS & EXERCISE

57 / 43 / 17

Percentages of daily fluid the average American adult gets that comes from plain old H_2O, other beverages and food, respectively.

SOURCE: BMC PUBLIC HEALTH

5 EASY WAYS TO GET YOUR FILL



Sip iced tea or coffee. Even though caffeine can have the opposite effect, studies show that these sips are still hydrating.

Jazz up your ice. Bored of tap? Freeze pureed strawberries, basil and lime juice in ice cube trays. Serve in seltzer.

Raise a beer glass. Enjoying one low-alcohol brew (under 5% ABV) can be just as hydrating as H_2O after exercise.

Munch some cucumber. It's 97 percent water. Strawberries and watermelon are other top picks at 91 percent.

Slurp it. Make our soup-er hydrating Summer Tomato Gazpacho on page 114. (Bonus: it's garnished with cukes.)

KENTAROO TRYMAN/GETTY IMAGES; ILLUSTRATIONS BY KATIE LUKES

→ **Quench** *Check out healthy frozen drink recipes to sip this summer at eatingwell.com/drinks*

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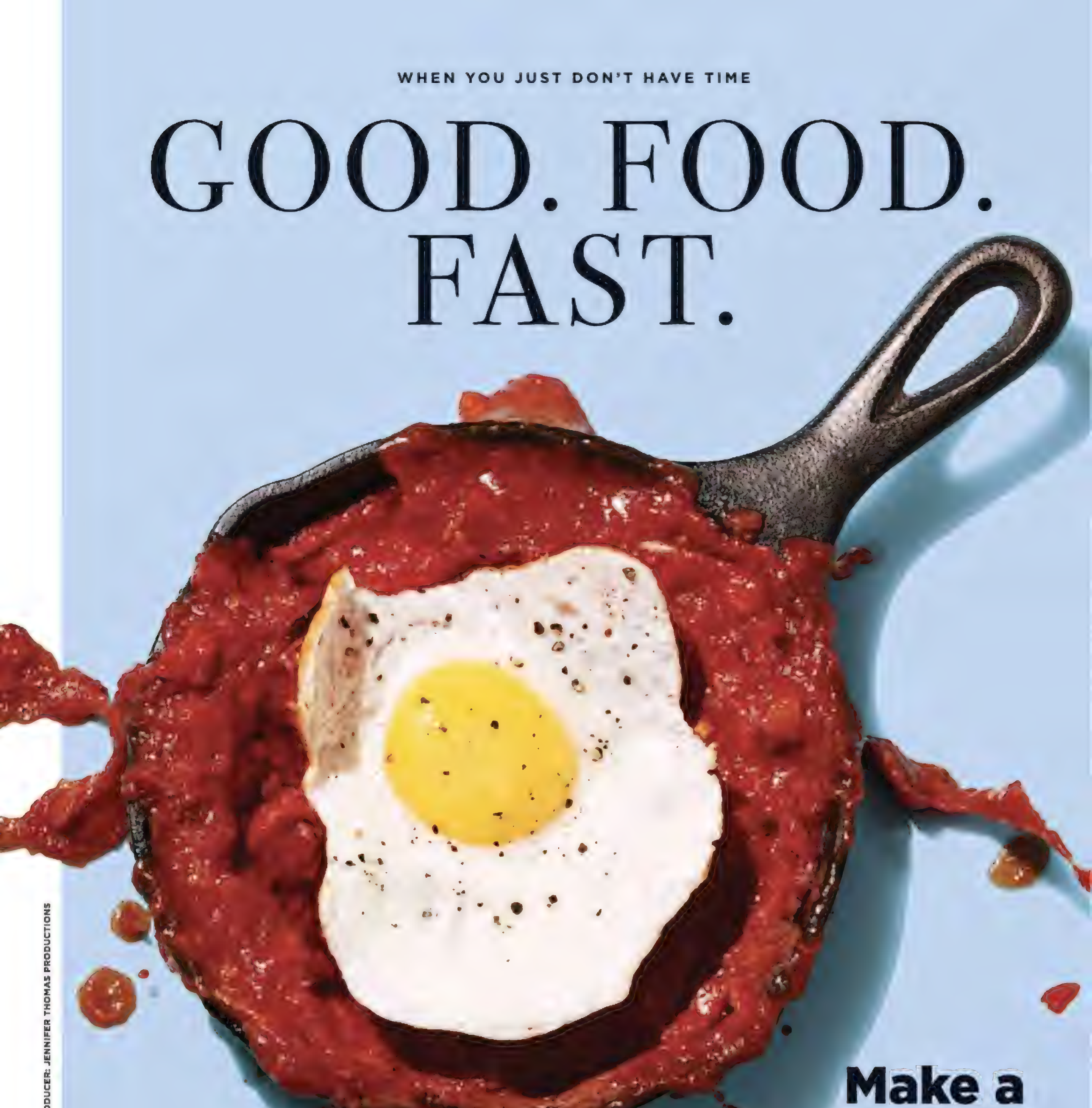

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS

Make a Splash

Can you believe this shakshuka comes frozen? It's easy enough for weekdays (and won't actually paint your kitchen red). Turn the page for this and more savory heat-and-eat breakfasts that are ready in less than 10 minutes.

Beyond Breakfast Sandwiches

Eggs deliver protein, vitamin D and antioxidants all before your second cup of coffee. but we get it—sometimes you're too busy to cook these nutritional powerhouses into a meal. Shop the frozen aisle for these morning time-savers.

Hover your phone's camera over this smart code to get a coupon for $1 off any EatingWell Frozen entree.

Trader Joe's Shakshuka Starter

(Pictured on previous page.) You add the eggs to this spicy tomato and pepper stew, great if you're picky about their pedigree. It's a serious time-saver—ready in just 7 minutes, no chopping required!

Jimmy Dean Delights Bacon, Ham & Veggies Frittatas

Enjoy two mini crust-less quiches filled with mushrooms, kale, Cheddar, bacon and ham for a seriously satisfying breakfast (with only 7 grams of carbs, if you're counting).

Dr. Praeger's Huevos Rancheros Breakfast Bowl

Complete with a whole-grain corn tortilla on the bottom, this cheesy egg-white scramble jams in tons of Mexican flavor without going overboard on sodium (450mg).

Bantam Bagels Garden Veggie Egg Bites

Each chewy sesame bagel bite (only 100 calories a pop!) is chock-full of scrambled eggs, Swiss, Cheddar, sweet bell peppers and onion for a grab-and-go breakfast.

Sweet Earth Baja Breakfast Burrito

This handheld option serves up 21 grams of protein thanks to a combo of eggs, pinto beans and seitan seasoned with smoky chipotle and green chile.

EatingWell Breakfast Burrito Bowl

Developed with the help of our Test Kitchen, this colorful bowl brings a full cup of vegetables to the table, packing in 7 grams of fiber to keep you feeling full. Saucy chorizo sausage spices things up.

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Go, Go Burrito

HOW TO FIND THE BEST FROZEN OPTIONS AT YOUR GROCERY STORE. BY JULIA WESTBROOK

Keys? *Check.* Purse? *Check.* Lunch? *Oh no.* Whether you're out of time in the morning or just want something super-easy, a healthy frozen burrito is your secret weapon. No, "healthy burrito" isn't an oxymoron. We scanned 80 labels and tasted 34 varieties to find these winners. Here's a cheat sheet you can take to your local freezer case.

FIND FIBER

For a burrito to be a good source of fiber, it should have at least 3 grams. We found that bean-based ones tend to be the most fiber-full, compared to burritos made with meat.

EYE PORTION SIZES

Serving size is key: a bigger burrito means more food—but also more sodium and calories. (One came in at 1,670 mg—more than two-thirds of your total sodium for the day!) The burritos that fit our sodium targets naturally keep calories in check, at 300 to 400 calories. This makes for a fairly light lunch, so consider adding a side like guacamole and veggies for dipping or a small salad.

PICK PROTEIN

Protein helps give your meal staying power, keeping you fuller longer. Vegetarian? No sweat. Most bean burritos have numbers comparable to meaty ones, about 12 to 14 grams.

NUTRITION PARAMETERS

Fiber ∗ 3 g
Sodium) 600 mg
Protein ∗ 7 g

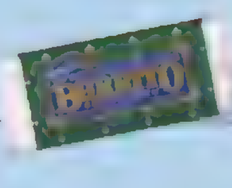
MAREN CARUSO; STYLING: ALICIA DEAL (FOOD), JENNIFER THOMAS (PROPS)

Editors' Picks

Evol Cilantro Lime Chicken
This burrito's fresh flavors stand out. Tangy cilantro and lime complement tender rice, chicken and black beans.

Sweet Earth The Mayan
Red cabbage and carrots add delightful crunch. We love the savory chipotle seitan and the sauce's subtle spiciness.

Lilly B's Organic Bean, Rice & Cheese
A refried-bean filling without gloppiness? This pick proves it's possible. The pinto beans are smooth and perfectly seasoned.



Amy's Burrito, Non-Dairy
Wait, this is vegan? Even sans cheese, the classic rice-and-bean filling is surprisingly creamy. It's also tops for fiber, at 8 grams.

Whole Foods 365 Bean & Chicken
We *mmm'd* over the tender, shredded chicken. And the tomato-green chile sauce gives this burrito a kick.

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**Chicken is cage allowed to roam freely.

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NET WT

Watch how to grill a spatchcock chicken step-by-step by holding your smartphone's camera over this code or go to *eatingwell.com/spatchcock*

Can't find one of these? Buy a whole chicken and ask your butcher to spatchcock it for you.

Lickety-Split Chicken

Cook a whole bird on a weeknight with this solution: pre-spatchcocked chicken. The spatchcocking (butterflying the bird so it lies flat) is done for you. All you have to do is use the indirect grilling method here and boom, dinner is done.

FIRE IT UP

Preheat the grill to medium-high. Turn off one burner (leaving one to two on, depending on the size of your grill) and place the chicken skin-side down on the unlit portion. Cook, turning and rotating once halfway through, until an instant-read thermometer inserted in the thickest part without touching bone registers 160°F, about 45 minutes to 1 hour total. Transfer to a cutting board and let rest for 5 minutes before carving.

GRAB & GRILL

Trader Joe's Spatchcocked Chickens Available in BBQ Seasoned and Lemon Rosemary, these pre-spiced chickens require no prep. Just open and cook!

Bell & Evans Spatchcock Chicken This unseasoned bird is a blank canvas for your favorite sauces, marinades and spice rubs.

FLAVOR-PACKED HACKS

Hack 1: Mash fresh raspberries into your favorite BBQ sauce. Slather half under the chicken skin before grilling. Save the rest for serving.

Hack 2: Combine honey and mustard, then thin with a little olive oil. Stir in your favorite fresh herb, like thyme or rosemary, and spread under the chicken skin before grilling.

Hack 3: Make a dry rub with lemon zest, grated fresh garlic, salt and your favorite dried herbs. Rub under the chicken skin, then grill.

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS

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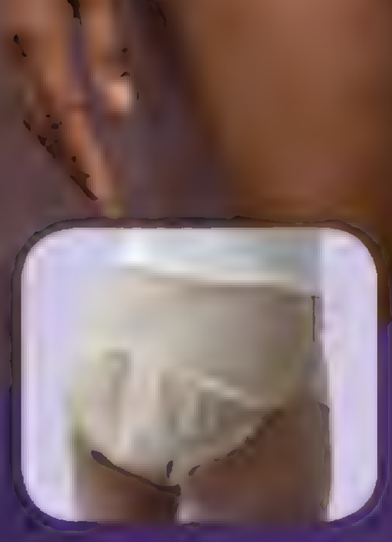
This bladder protection has it all."**



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Snack Attack

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Lundberg Samosa Bold Bites Chips
Dusted with a spice-packed seasoning (cumin, coriander and clove, to name a few), this rice-based tortilla-style chip is right to call itself "bold."

Justin's Nut Butter Covered Nuts
Almond butter–based candy coats a crunchy roasted almond to add a little sweetness to a classic snack.

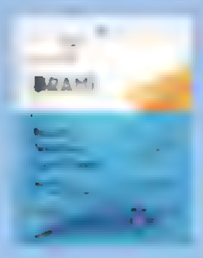
Quinn Peanut Butter Filled Pretzels
Made from sorghum, a drought-tolerant ancient whole grain, this is the first gluten-free filled pretzel on the market.

Kind Simple Crunch
These crisp granola bars come two in a pack and have just 9 grams of added sugar per pair. Available in chocolate, honey and our favorite, peanut butter.

Season Savories Sardine Salad Kit
Ready to be piled onto rice cakes (included), this combo of sustainably sourced sardines, veggies and seasonings makes for an omega-3-rich snack.

PigOut Pigless Bacon Chips
Smoky, crunchy morsels made from mushrooms are great for noshing straight from the bag, but try them on salads and sandwiches too.

Poshi Freshly Marinated Vegetable Snacks
We're always looking for tasty new ways to #EatMoreVeg and these packets, like lemon and garlic French beans, make it easy.



Brami Italian Snacking Lupini Beans
Sprouted and lightly pickled before being packed fresh (not dried) in a marinade, the heirloom legumes stash 5 grams of fiber and 7 grams of protein in just one serving.

Whisps Cheese Crisps Tomato Basil
Tangy baked Parmesan cheese, spices and that's it. These crispy, airy chips have about the same number of calories as tortilla or potato chips but six times more protein.

→ **See the full list** *of our favorite new foods at eatingwell.com/bestofexpo*

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS

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AMERICAN FOOD HEROES

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BY JANE BLACK • PHOTOGRAPHY BY ROY RITCHIE

CHAMPIONING POLLINATORS

One June day in 2014, Beth Robertson-Martin found herself standing on a dirt road dividing two California tomato fields. On one side sat a farm that was nothing more than a 300-acre carpet of dried-out dirt. "It looked like a scene from *Mad Max*," she remembers. "Everything was dead." On the other side was a 6-foot-tall hedgerow, a tangle of white-blossomed milkweed, sunflowers and elderberry bushes that General Mills had planted alongside the tomatoes to create a habitat for bees, butterflies and other pollinators. "That was the moment I knew this was what I was meant to do for the rest of my life," says Robertson-Martin, who works with farmers and other suppliers to source organic, sustainable ingredients for GM's brands, including Cascadian Farm, Muir Glen and Lärabar. "It wasn't just the vast field of tomatoes and that the flowers were blooming and gorgeous. I could *hear* the difference—the birds, the bees."

It's more than a little ironic, because when Robertson-Martin was a kid, she was terrified of insects—bees in particular. But the startling decline of honeybees and wild pollinators like bumblebees was a top concern when she joined the company seven years ago. That year, U.S. beekeepers lost 45 percent of their hives. And the more she studied the problem, the clearer it became that helping pollinators—which are necessary to grow more than 35 percent of all food crops, and about a third of the ingredients for the products GM sells—would require a bold commitment. As Robertson-Martin explains, "A robust insect population is the clearest indicator of a healthy habitat. If you have bugs, it means you have a lot of biodiversity—which means you have great soil. And healthy soil helps to sequester carbon from the atmosphere, prevent erosion, increase water retention and nutrients for crops and offer a better environment for wildlife."

Her passion, approachability and disarming honesty are key traits that have made her such a successful advocate. On her watch, General Mills has invested more than $6 million to create and restore pollinator habitats on 73,000 acres of its suppliers' farms. She also helped spearhead a partnership with the Xerces Society and the University of Minnesota Bee Lab to contribute a total of $4 million to help farmers plant another 100,000 acres of bee-friendly habitat across the country by 2021. These initiatives make the Minneapolis-based company the biggest contributor to pollinator health in the U.S. Additionally, GM has committed to sustainably source 100 percent of its top 10 ingredients (including palm oil, corn, oats and cocoa) by 2020, through various practices from reducing greenhouse gas emissions on farms to water conservation. And this spring, the company announced a program to promote regenerative agriculture practices—environmentally minded methods of farming that help create healthy soil—on 1 million acres of land by 2030. The bees are buzzing with thanks.

Beth Robertson-Martin
Director of Commodities and Pollinator Council Lead, **General Mills**

Chef Ann Cooper
Founder of the **Chef Ann Foundation**
and Director of Food Services,
Boulder Valley School District

MAKING SCHOOL FOOD *GOOD* FOOD

In high school, no one would have voted Ann Cooper most likely to succeed. In fact, she didn't even graduate. She did drugs, was thrown out of several schools, then hitchhiked out to Telluride to be a ski bum. It was only when she got a job slinging breakfast and fell in love with cooking that she, unwittingly, took her first step toward making lunchroom food healthier for America's children.

From line cook, Cooper went to the Culinary Institute of America and on to trailblazing victories: she was one of the first women to cook on a cruise line; and one of the early voices championing sustainability and the dangers of America's food supply (which she chronicled in her book, *Bitter Harvest)*. Back then, in the 1990s, it wasn't obvious what it all added up to, until her circuitous career path landed her in a school cafeteria.

You need an odd combination of skills to succeed in the byzantine world of school food: a mastery of budgets, a passion for cooking at scale, and a deep outrage that it should be so hard to feed students well. Cooper had them all. After a stint cooking at a private school in New York, she was lured by chef Alice Waters—America's doyenne of sustainability and founder of the Edible Schoolyard Project—to Berkeley, California, in 2005 to shake up the school food program there. Cooper didn't disappoint. She eliminated all unhealthy trans fats, preservatives, refined flour, high-fructose corn syrup and salt-heavy foods and replaced them with made-from-scratch meals like Buffalo chicken sliders, pasta with fresh tomato sauce and Southwest quinoa salad. She added plenty of produce and nixed juice and sugary beverages in favor of low-fat milk. Her radical approach, unheard of at a time when virtually all school food was highly processed and heat-and-eat (as it often is even today), proved that tasty, nutritious food was possible on a shoestring. It wasn't long before she was nationally known as the Renegade Lunch Lady.

But it's what Cooper has done since she made her name that makes her a standout. She could have moved from district to district, fixing one cafeteria at a time. Instead, she settled in Boulder and launched the Chef Ann Foundation—which celebrates its 10th anniversary this year—to democratize change. Its first project was The Lunchbox, an online resource to help cafeteria staff transition to scratch cooking. Next came Salad Bars to Schools, which has raised more than $14 million to implement (what else?) salad bars. In 2019 alone, 250 schools will get theirs, bringing the total to nearly 6,000 salad bars across the country. "For decades it was canned beans and corn and now we have thousands of salad bars that make such a difference to the kids," she says. "When you give kids a choice about what is on their plates, they try new things and eat better." But what Cooper is most proud of: "That I'm not the only renegade lunch lady anymore."

James Rogers Founder and CEO, **Apeel Sciences**

INNOVATING THE FIGHT AGAINST FOOD WASTE

Consider the strawberry. It is delicate, sweet only when perfectly ripe, and quickly falls victim to heat, cold and the passage of time. But what if this fickle fruit were more like a lemon? Not in looks or flavor but in its ability to better withstand travel, temperature and time.

Turning a strawberry into a lemon isn't exactly what James Rogers set out to do, but stick with us here. He is a materials scientist, which means he has a deep understanding of how molecules found in nature arrange themselves and behave. One day in 2012, he heard a story on the radio about how perishability, not the lack of food in the world, is what causes nearly 11 percent of the global population to go hungry, while at the same time creating serious food waste. The United Nations estimates that a third of all food produced—much of it highly perishable produce—gets thrown away, a staggering 1.4 billion tons annually. Rogers, then a Ph.D. student, began to wonder if he could work his materials science magic on fruits and vegetables to make them last longer.

At first, people thought he was crazy. But it wasn't long before he'd won a $100,000 research grant from the Bill & Melinda Gates Foundation, raised another $110 million and launched Apeel, a family of plant-derived coatings that stave off spoilage by sealing water in and keeping oxygen out. Produce treated with Apeel—which is invisible, edible and flavorless—stays fresh two to three times longer. Last year, Apeel-dipped avocados arrived in Costco, Kroger and several regional grocers and led to a 50 percent reduction in spoilage and a 10 percent uptick in sales. Limes and asparagus will arrive on shelves in 2019, with lemons and more than a dozen other fruits and vegetables to follow. (The coating must be reformulated for each type of produce.) Rogers is still working on the holy grail: strawberries.

While the U.S. is an essential market for growth, it's the developing world, where farmers lack access to refrigeration and infrastructure, that Rogers feels bound to serve. Apeel already has a prototype coating for the starchy root vegetable cassava, a staple for 800 million people worldwide, and one for mango designed for farmers in Kenya. "Food waste isn't just about food—it's about water, energy, labor and livelihoods," says Rogers. Now, thanks to Apeel, fresh, healthy produce is part of the solution.

Anthony Bourdain, Celebrity Chef, Author and TV Host

UNITING CULTURES THROUGH FOOD

Ask 10 people to name their favorite Anthony Bourdain moment and you'll get 10 different answers. Maybe it was the time he ate fermented shark in Iceland. Or beef hearts in Lima. Or proclaimed Iranian pizza sauced with ketchup "not bad." What we can all agree on is that when the chef, journalist and consummate straight-shooter took his own life last year at age 61, we lost one of our great cultural ambassadors.

Food was always in the picture: Bourdain started his career working in restaurant kitchens and never lost his passion for cooking and eating. But at the height of his fame, food was no longer entirely the point. Instead, it became a vehicle to address complex issues and to make the foreign less foreign. (How scary could Iran really be if the young adults there raced American muscle cars and drank beer, or finished their night with a slice of pizza?) And Bourdain was up for anything—or anyone. He sat down with Hezbollah supporters, Israeli settlers and Russian opposition leaders (at least one of whom was subsequently assassinated). "You like food and are reasonably nice at the table?" he wrote in 2017. "You show me hospitality? I will sit down with you and break bread."

This was Bourdain's gift to America, a country where food has become ever more visible and fetishized. His adventures showed people that a meal could feed inclusivity and acceptance, whether halfway around the world or here at home. In a 2016 episode of his CNN show *Parts Unknown,* on Houston, he deliberately steered clear of the familiar Texas tropes and instead visited a popular venue for Mexican-American quinceañeras and the Houston Indian Cricket Club, where snacks included tandoori chicken and curried goat. "Close-minded, prejudicial, quick to make assumptions about places different than where we grew up. I'm not talking about Texas. I'm talking about, well, me and people like me who are way too comfortable thinking of Texas as a big space filled with intolerant and invariably right-wing white people waddling between the fast-food outlet and the gun store," Bourdain said in the intro to the episode.

"When he got political, that's when he was at his best," says Tom Colicchio, chef and owner of the Crafted Hospitality group of restaurants and longtime judge on Bravo's *Top Chef.* "He told stories of the human condition through food, and helped people to understand the world by going out, enjoying and not being afraid."

PHOTOGRAPH COURTESY CNN

On a trip to the Arab nation of Oman for *Parts Unknown*, Bourdain joined local chef and philanthropist Zahara al-Awfi *(far left)* and her family for a meal of slow-cooked goat and Omani bread with honey. They discussed education and the future al-Awfi wants for her daughters, and the girls, with a giggle, asked about his guest role on *The Simpsons*.

George Siemon, Founding Farmer and Former CEO, **Organic Valley**

CRUSADING FOR BETTER ORGANIC STANDARDS

George Siemon will be the first to tell you that he's nothing if not an old hippie: he has long hair, lives on a ridgetop in rural Wisconsin in a house called "The Kettle" and he hates—and rarely wears—shoes. But make no mistake: in his 31 years at the helm of dairy giant Organic Valley, his counterculture values, in particular the art of cooperation, have served him—and us all—very well indeed.

First, there's Organic Valley itself, the co-op Siemon started with a handful of other struggling Wisconsin dairy farmers. They could have tried to build the business from scratch. Instead, they formed partnerships with other family farmers who had a similar vision of producing a healthier, more sustainable food system—sharing in the hard work and profits—a model that helped Organic Valley grow into a billion-dollar company without making huge investments in infrastructure. It's now the largest cooperative of organic farmers in North America, with nearly 2,000 family farms across the country. "We went from having farmers try to survive to helping them thrive, which was always our pure objective," he says. "Organic was the tool we chose to make that happen. It allowed us to take sustainable care of the land and return a fair price to our farmers." And even when the company itself got big, Siemon never stopped listening to his farmers: at its annual meeting in LaCrosse, Wisconsin, 600-plus farmers—a ballroom filled with a sea of plaid, as one attendee described it—showed up to have their say. Those who couldn't make it had Siemon's direct dial at company headquarters.

Then there's the federal organic standard, which he helped pioneer, birthing an industry now worth $50 billion a year. And he has been one of its staunchest defenders. When the Trump administration blocked an organic animal welfare ruling that would have, among other things, banned the docking of cows' tails and mandated more space for livestock, Siemon fought back. Along with other organic leaders, he filed a lawsuit to force the USDA to step out of the way. (Round 1 went to Organic Valley. But the battle continues.)

Siemon stepped down from the company in March, but his legacy of pushing to further organic, sustainable practices remains in the company's DNA. Just prior to his departure, Organic Valley announced a grass-fed dairy standard that farmers can add on to their organic certification, which it developed with New York dairy company Maple Hill Organic. Creative thinking paired with cooperation and some good, old-fashioned hippie love: a magic formula for organic growth.

SAVING PLASTIC STRAWS FROM LANDFILLS

In the late 1990s, Rebecca Zimmer left a good corporate job at Starbucks to follow her passion for documentary photography. She spent five years in Africa, working mostly in villages that housed people with leprosy. What she brought back home with her, besides an impactful portfolio, was a new passion for conservation. In those villages, she came face to face with finite resources for the first time. "You start to understand how every drop of water is sacred," she says. "When I returned to Starbucks in 2004, I was really focused on ways that sensitivity for the environment could play out at a global scale."

Back in Seattle, Zimmer built her own sustainable lifestyle: she drives a hybrid; is a vegetarian; and ensures that every bit of nitrogen-rich coffee grounds from her (off-grid) French press goes straight into her garden compost. And at Starbucks, she is the driving force behind multiple massive conservation projects—including the company's recent commitment to build every new store to LEED standards (an environmentally friendly, energy-thrifty certification) and retrofit existing ones to run on renewable energy sources and use dishwashing practices that will amount to a 30 percent reduction in water use in Starbucks stores by 2025.

But perhaps most notable was when Zimmer took on the growing problem of plastic straws. Last July, Starbucks announced it would phase them out of its stores—worldwide—by 2020, no small win considering Americans alone toss more than 500 million straws every day. While many are made from recyclable polypropylene, they're too light and small to be captured by mechanical sorters—so they end up in our landfills and oceans. Starbucks' move will keep about 1 billion straws annually from impacting our planet. In their place: new sippable lids designed for its cold drinks, which are recyclable and contain 9 percent less plastic than a traditional lid and straw. And that's only the beginning, says Zimmer: "Straws represent an initial foray into addressing our plastics footprint. We're excited about it. But it's just a first step in a global effort."

Rebecca Zimmer
Global Director of Environment, **Starbucks**

Colleen Lindholz, President, **Kroger Health**

SUPPORTING BETTER GROCERY CHOICES

We've all been there: standing in the grocery store aisle trying to pick out a box of cereal or choose between seven kinds of blueberry yogurt. You want something relatively healthy, but there are so many options and they all look pretty much the same. You could pore over each nutrition panel and ingredients list or do what most of us do: just grab one and hope for the best.

It shouldn't be this hard to make good nutrition choices. But the average American supermarket carries more than 40,000 products and the difference between any two can be significant. In the case of that blueberry yogurt, one brand may contain twice the sugar of its neighbor. Colleen Lindholz, a trained pharmacist who heads up all things health at Kroger, the nation's largest grocery chain, knew there had to be a better way. "I saw there was a need for someone to step in and not only talk about what's better for you, but to push companies to put items on the shelf that are healthier for you," she says.

Lindholz is the architect of a smartphone app that Kroger launched last October, called OptUP. It assigns a health score to every item in the store, whether it's sweet potatoes (92 out of 100), Bush's Vegetarian Baked Beans (76) or Skippy Creamy Peanut Butter (62). Higher-ranked foods are lower in things like sodium, sugar, saturated fat and calories and contain more beneficial nutrients, such as fiber and protein. The app allows shoppers to easily scan a food to see how it ranks, compare it to other brands, and get suggestions of ways to "opt up" for something healthier. "We're not going to take people from eating Oreos to broccoli overnight, but maybe we can suggest a Fig Newton," she says. When the items go through checkout, the app gives you a total score that quantifies how nutritious your shopping habits have been over time. And because it's linked to a loyalty card, the process is automatic—no burdensome manual data input like other diet-tracking apps.

Of course, systems that rate products—such as Guiding Stars and NuVal—have been introduced before. But what makes OptUP revolutionary is its utter simplicity and user-friendliness. In less than a year, more than 300,000 people have downloaded OptUP, and early research shows that a third of users saw their scores rise a significant 30 points over a 12-week period. More studies are in the works, including one in partnership with the University of Cincinnati that's examining the impact of the app in combination with nutrition advice to reduce hypertension. The goal, says Lindholz, is to provide science to back up what we all should know: that food truly is medicine.

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LEADING THE ANTIBIOTICS-FREE CHARGE

Jim Perdue made a startling announcement back in 2016. His company—the fourth-largest poultry business in the U.S.—had decided to turn its back on the use of routine antibiotics. Even better, Perdue had already succeeded in eliminating them from 95 percent of its flocks, having quietly begun phasing them out years earlier.

The news rocked the industry. Public-health advocates had long warned that the constant, low-level administration of antibiotics given to poultry and livestock would lead to "superbugs"—bacteria resistant to the drugs—in both animals and humans. Big Ag pushed back, arguing that the danger was overblown and that eliminating antibiotic use would make prices skyrocket. But suddenly, with proof that it could be done, the conversation changed. Competitors hastily promised to follow suit. And restaurants that had wanted to offer antibiotic-free chicken, including Chick-fil-A, Subway and McDonald's, now had somewhere to buy it. Today, Perdue's birds receive no antibiotics ever.

Ever humble, Perdue says he made the change because it's what his customers wanted. "That's Frank Perdue's legacy," he says, referring to his father, a man who became a cultural icon in commercials in the 1980s. "If you don't listen to the consumer, you don't survive." But friends (and adversaries too) say that what makes the younger Perdue remarkable is his willingness to explore the hard questions. "Too many people surround themselves only with those who share their narrow world view—and improvement is really difficult from that place," says Leah Garcés, president of Mercy for Animals, an animal-rights organization, who calls Perdue's move regarding antibiotics "a bold step in the right direction." "We don't agree on everything," she adds. "But I know we can have a respectful conversation and understand each other's challenges."

Indeed, thanks to dialogue like that, animal welfare is the next big focus for Perdue. The company has committed to doubling the activity of its birds, adding windows to its houses and "enrichments" like hay bales so the birds can do chicken-y things like peck and roost. Perdue is also working with slower-growing breeds (which have fewer health issues because they mature at a more natural pace than many current breeds and are typically raised on pasture). Frank Perdue used to say, "It takes a tough man to make a tender chicken." His son knows that it takes a forward-thinking man to make a happy one.

Jim Perdue, Executive Chairman, **Perdue Farms**

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RESTORING HEALTHY WATERWAYS

A century ago, nearly half of the world's oysters came from New York Harbor. They were a staple in the city—vendors sold them from rolling carts long before they hawked hot dogs or pretzels. But greed (in the early 1900s, more than a billion oysters a year were pulled from the water) and rampant pollution put an end to that. The consequences were both epicurean and environmental.

Oysters had been an essential part of the estuary's ecosystem. They're famous for their ability to filter water, extracting nitrogen—a pollutant that largely comes from fertilizer runoff and can lead to marine "dead zones"—and using that nitrogen for food and to build their shells. Just one oyster can filter up to 50 gallons of water each day. And the reefs the bivalves create by aggregating together provide habitat for a multitude of underwater species, and help protect the coastline from flooding and erosion by acting as a buffer against waves from strong storms.

Pete Malinowski wants to take us back to the old days. In 2014, he launched the Billion Oyster Project with the goal of restoring the harbor's protective reefs and water quality. "New York City is one of the most vulnerable places in the country because of climate change. Ten million people live here and we're surrounded by water that's right at our doorstep," says Malinowski, who grew up on an oyster farm on Fishers Island, in Long Island Sound. "If we are to continue living on this planet, we have to completely change how we interact with the natural world. We can no longer live separate from nature. Nature is here, and fighting back."

The nonprofit collects oyster shells from local restaurants—about half a million of them a week, most of which would be destined for landfills—and uses them to provide temporary homes for baby oysters in its hatchery. One to two dozen of these spats attach to a single half shell by a sticky "foot," where they mature until they grow shells of their own and can be placed in the harbor. The shells themselves are also used to build reefs in New York Harbor to shelter the young oysters (and the shoreline). With the help of nearly 8,000 students from schools in all five boroughs and over 1,000 adult volunteers, 30 million oysters have been restored to the harbor. To date, more than 1.2 million pounds of shells have been up-cycled and the new oysters have filtered an estimated 19.7 trillion gallons of water, removing literally tons of harmful nitrogen.

For Malinowski, the biggest obstacle to reaching the billion mark, surprisingly, is getting permits to plant the oysters. (Health officials worry that someone will eat one from the still-sullied water and get sick.) But in the wake of Hurricane Sandy, when areas of New York suffered severe flooding, public officials are starting to see the wisdom of having oysters back in their waters. "It's about restoring the natural ecosystem, but also about making the harbor part of the culture of New York City again," says Malinowski. "We may never get to where we were 500 years ago. But we're bringing them back."

Pete Malinowski, Executive Director, **The Billion Oyster Project**

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Lauren Puryear
Extreme Couponer and Founder of **For the Love of Others**

HELPING THE HUNGRY, ONE COUPON AT A TIME

A year before her 30th birthday, Lauren Puryear promised herself she would do something special to celebrate the big day. Not the kind of "special" that most people think of when planning for a milestone like this—a blowout dinner party or a trip to somewhere far-flung with friends. Instead, she decided to find a way to feed 300 food-insecure people a healthy, satisfying meal. "I wanted to do something that made a difference," she says. "It's our human duty to help those who cannot help themselves."

There was just one problem. It took her only a few days to fulfill that pledge. So she made a more ambitious one: to up the number to *30,000.* By the time her birthday arrived, on September 14, 2017, she had fed *twice* that many people.

Puryear succeeded by mastering the art of extreme couponing—a skill she'd been honing for years. She collects newspaper inserts, sleuths coupons online and strategically shops sales so that the price of food is drastically reduced or even free. Once she's figured out where the deals are, she stocks up on 1,000 jars of spaghetti sauce or 200 cans of corn. If the stars align—say, a brand of soup is on sale for 75¢ and she has a 50¢-off coupon that can be doubled—the stores actually owe *her* money, which she uses to buy items not on sale, like fresh fruits and vegetables. Then she delivers the groceries to drop-off areas near her home in suburban Virginia. "I don't think I'm the most organized person, I'm just very ambitious," says Puryear. "I asked myself, how can I feed people without a lot of money? There are ways, all legal, to make that happen."

Clipping, collecting, storing: the very idea would feel overwhelming to many. But the single mother, who also has a full-time job as a mental health clinician, finds the work energizing. She stashes the food she buys "anywhere and everywhere" in her basement: there are two pantries for nonperishable items, plus a chest freezer and two extra refrigerators.

Feeding people is a calling for Puryear. "God told me to do this," she says. "This is the vision he gave me." In 2018, she topped the 100,000-meal mark. In addition to her charity, For the Love of Others, this spring she opened her own food pantry and expanded her program that provides meals to food-insecure kids in local schools. She also began to travel the country, educating others about the impact couponing can make. Last year, she went to 12 states. Only 38 more to meet the goal of visiting all 50 before her 35th birthday.

JANE BLACK *is a Washington, D.C.-based writer who covers food politics and sustainability.*

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HOW TO

CRUSH THE FARMERS' MARKET

Shopping at the farmers' market deploys all the senses. Dazzling arrays of produce brim from vendors' tables. Peaches perfume the air. The thunk of a ripe watermelon, the feel of a shiny eggplant, and the flavor of a just-plucked-from-the-vine cherry tomato entice you to buy as much as you can carry. While it's easy to make a visit to your local one more of a social event than a shopping trip (no judgment!), these expert tips from farmers and market managers at three of the country's top spots will help you navigate it like a pro. **By Debbie Koenig**

Location photography by Cedric Angeles ~ Recipe photography by Jennifer Causey ~ Lettering & art by Heather Hardison

27 Ways to Strategize, Shop & Have Fun

1 Get there early. Farmers at some markets leave once they sell out.

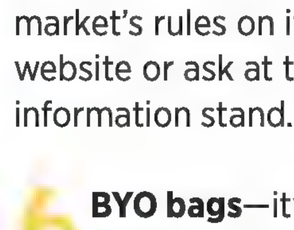
2 Larger markets may be open all week but more active on certain days. For instance, Pike Place Farmers Market in Seattle is open daily but has more farmers on Saturdays.

3 Some markets let you plan ahead, with online listings of what's available each day. TD Saturday Market (yes, some farmers' markets are sponsored like stadiums these days) in Greenville, South Carolina, has a searchable map. "Let's say you're thinking, 'I really need some okra,'" says Tara Eaker, one of the market's administrators. "You can search for okra and it'll pop up all the farmers that have it that week."

4 What else does the market offer? Make a day of it by checking out a cooking demo and grabbing lunch while taking in some live music. Some even have activities for mini market-goers.

5 Find out where the food comes from—are the vendors from within a certain distance of the market? Producer-only markets are packed with folks who actually grew or made the products they are selling. Find your market's rules on its website or ask at the information stand.

6 BYO bags—it's good for the environment, and farmers appreciate it. "We spend a lot of money on bags, believe it or not," says Kyle Thom of Wisconsin's Roots Down Community Farm. "I've spent about $4,000 on packaging this year."



7 Hit the ATM: Although many vendors accept credit cards, they pay a fee for each transaction, so cash is appreciated.

8 Keep a cooler filled with ice packs in your car, particularly if you tend to buy more-perishable items like meat, cheese or eggs.

9 Invest in a roller cart to save your shoulders, especially if you plan on doing most of your shopping there.

GREENVILLE, SC

TD Saturday Market
Main Street, Greenville, SC
Sat. 8 a.m.-noon, May to Oct.

When it comes to picturesque farmers' markets, Greenville's is hard to beat. Every Saturday during the market season, two blocks of tree-canopied Main Street are filled with rows of white tents. Around 75 merchants sell at the market—a mix of farmers, prepared-foods vendors and crafters. Nearly all come from within a 100-mile radius. You'll also find live music, children's activities and the "Booth with a Cause," a weekly spotlight on a local community-minded organization.

Don't forget about this tart! Hold your phone's camera over the smart code to save this recipe to your *eatingwell.com* favorites.

Tomato Tart

RECIPE BY ROBIN BASHINSKY

ACTIVE: 20 min **TOTAL:** 1 hr 40 min
EQUIPMENT: 9-inch tart pan with removable bottom, parchment paper, pie weights

Cornmeal gives the crust for this tart great flavor and a pleasant crumbly texture.

- **1⅓ cups all-purpose flour**
- **½ cup cornmeal**
- **2 teaspoons baking powder**
- **2½ tablespoons unsalted butter, softened**
- **1 cup reduced-fat plain Greek yogurt, divided**
- **1 large egg**
- **1 cup shredded Cheddar cheese**
- **½ cup mayonnaise**
- **2 teaspoons sugar**
- **½ teaspoon grated lemon zest**
- **1 teaspoon ground pepper, divided**
- **1 pound heirloom tomatoes**
- **¼ teaspoon flaky sea salt**
- **Fresh basil leaves for garnish**

1. Preheat oven to 400°F.

2. Place flour, cornmeal and baking powder in a stand mixer fitted with the paddle attachment. Beat on low speed just until combined. Add butter and ½ cup yogurt. Beat until mixed, 2 to 3 minutes. Press the dough into the bottom and up the sides of a 9-inch tart pan with removable bottom. Top with parchment paper and pie weights.

3. Bake the crust for 15 minutes. Remove the parchment and weights, and continue baking until the crust is golden brown and the bottom is set, about 10 minutes more. Let cool completely on a wire rack, about 30 minutes.

4. Mix the remaining ½ cup yogurt, egg, Cheddar, mayonnaise, sugar, lemon zest and ½ teaspoon pepper in a medium bowl until smooth. Spread evenly in the cooled crust. Slice tomatoes ⅜-inch-thick and pat dry with paper towels. Arrange on top of the filling.

5. Bake the tart until the filling is set, 25 to 30 minutes.

6. Turn on the broiler and broil the tart until the top is lightly browned, 2 to 3 minutes. Let cool on a wire rack for 10 minutes. Remove the pan sides. Sprinkle the top with salt and the remaining ½ teaspoon pepper. Garnish with basil, if desired. Cut into 6 wedges.

SERVES 6: 1 wedge each

CAL 443 / **FAT** 27G (SAT 10G) / **CHOL** 74MG / **CARBS** 36G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 14G / **FIBER** 3G / **SODIUM** 515MG / **POTASSIUM** 275MG.

STYLING: CYD RAFTUS MCDOWELL (FOOD), CLAIRE SPOLLEN (PROPS)

Corn on the Cob
with Pesto Butter
p.102

10 Bring lidded containers to transfer delicate items like berries into so they don't get smushed.

11 Don't shop hangry—pick up breakfast at one of the market stands. At Greenville's TD Saturday Market, that means getting into line first thing at the Bake Room for one of their amazing croissants.

12 See who's got the most enticing items **on a reconnaissance loop**, then walk around again to buy. That way you won't risk buyer's remorse if you run out of time, money or arms to carry things too soon.

13 Speaking of too-full arms: **break up your shopping at a large market.** Once you've covered one section, take your bounty back to the car, then head out for another round. You won't get weighted down, and you'll keep your produce in better shape.

14 If you're looking for a deal, **don't haggle**—vendors are selling their blood, sweat and tears, not vintage furniture! But you can ask if they have any "seconds": picture-imperfect produce that's great for freezing, canning or otherwise cooking with. "The going price for tomatoes at the height of summer is between $2.50 and $3.50 a pound," says Nathan Vannette of South Carolina's Growing Green Family Farms. "With seconds, you could get good-quality heirlooms as cheap as 75¢ per pound."

15 If a stand is hustling and bustling, remember to respect the farmer's time. When it's your turn, **know what you want and help bag your own items.**

16 On the other hand, if a stand isn't swarmed, **talk to the farmers.** Ask about their produce and their growing practices. You might learn something surprising, like why they aren't certified organic even though they follow the standards, for instance.

17 As long as you're chatting, ask the farmers what they love to grow—you may discover a new favorite. And **tell them what you are looking for** if you don't see it; maybe you'll find it offered next growing season.

18 Seek out more than just fruits and vegetables. Many farmers bring meat, a variety of dairy products and eggs to market.

LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS)

MADISON, WI

Dane County Farmers' Market
On the Capitol Square, Madison, WI
Sat. 6:15 a.m.-1:45 p.m., mid-April to mid-Nov.

Filling eight blocks around the Capitol building, the Dane County Farmers' Market bills itself as the largest producer-only farmers' market in the country. Between 130 and 150 of the 270 market members bring their goods each week. It's often packed by 7:30 a.m. and on a gorgeous, sunny day, 20,000 people may make their way around the Square. Get there early, because farmers can leave whenever they start to sell out.

Zucchini Fritters with Dill Yogurt

RECIPE BY ROBIN BASHINSKY

ACTIVE: 35 min **TOTAL:** 35 min

The key to the best fritters is moisture management. Zucchini is primarily made up of water, so it's a two-step process of salting and squeezing.

- **1½ pounds zucchini, grated**
- **1⅛ teaspoons kosher salt, divided**
- **⅓ cup whole-milk plain Greek yogurt**
- **2 tablespoons sour cream**
- **2 tablespoon chopped fresh dill**
- **1 tablespoon sherry vinegar**
- **1 tablespoon water**
- **½ teaspoon grated lemon zest**
- **¾ teaspoon ground pepper, divided**
- **1 large egg, beaten**
- **⅓ cup all-purpose flour**
- **¼ cup cornmeal**
- **2 tablespoons extra-virgin olive oil**

1. Place zucchini in a fine-mesh strainer and toss with ⅛ teaspoon salt. Let stand for 15 minutes.

2. Meanwhile, whisk yogurt, sour cream, dill, vinegar, water, lemon zest and ¼ teaspoon each salt and pepper in a small bowl. Set aside.

3. Place the zucchini in a clean dish towel and squeeze until dry. Transfer to a large bowl and stir in egg, flour, cornmeal, ½ teaspoon salt and the remaining ½ teaspoon pepper.

4. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Using 2 tablespoons of the zucchini mixture to make each fritter, drop 6 fritters into the pan and flatten with a spatula into 2-inch disks. Cook until golden brown, about 2 minutes per side. Transfer to a wire rack to cool. Repeat with the remaining zucchini mixture and 1 tablespoon oil. Sprinkle the fritters with the remaining ¼ teaspoon salt. Serve immediately with the reserved sauce.

SERVES 6: 2 fritters & scant 1½ Tbsp. sauce each

CAL 105 / **FAT** 6G (SAT 1G) / **CHOL** 26MG / **CARBS** 10G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 1G / **SODIUM** 292MG / **POTASSIUM** 270MG.

Blistered 3-Bean Salad

RECIPE BY EMILY NABORS HALL

ACTIVE: 15 min **TOTAL:** 15 min

Haricots verts are thinner than regular green beans, but you can use any bean with an edible pod (ask the farmer!) in their place here.

- **3 tablespoons reduced-sodium tamari**
- **1½ tablespoons rice vinegar**
- **2 teaspoons honey**
- **¼ teaspoon crushed red pepper**
- **2 teaspoons canola oil**
- **2 cups trimmed haricots verts**
- **2 cups trimmed yellow wax beans**
- **½ cup shelled edamame**
- **2 teaspoons grated fresh ginger**
- **1 teaspoon grated garlic**
- **3 tablespoons chopped fresh cilantro**
- **2 teaspoons toasted sesame oil**
- **2 teaspoons toasted sesame seeds**

1. Whisk tamari, vinegar, honey and crushed red pepper in a small bowl.

2. Heat canola oil in a large cast-iron skillet over high heat. Add haricots verts, wax beans and edamame; cook, stirring often, until blistered, 4 to 5 minutes. Add ginger and garlic; cook, stirring constantly, for 30 seconds. Add the tamari mixture and cook until the sauce is slightly thickened and the beans are just tender, 1 to 2 minutes.

3. Transfer the beans to a platter. Top with cilantro, sesame oil and sesame seeds.

SERVES 4: ½ cup each

CAL 115 / **FAT** 6G (SAT 1G) / **CHOL** 0MG / **CARBS** 11G / **TOTAL SUGARS** 6G (ADDED 3G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 374MG / **POTASSIUM** 269MG.

Corn on the Cob with Pesto Butter

RECIPE BY ROBIN BASHINSKY

ACTIVE: 30 min **TOTAL:** : 30 min

TO MAKE AHEAD: Refrigerate butter (Step 2) for up to 3 days.

If Mexican street corn took a trip to Genoa, it might come back slathered in pesto butter like these cobs. This Italian flair works because the flavors of basil and Parmesan have a natural affinity with corn. (Photo: page 100.)

- **1 tablespoon butter, softened**
- **½ teaspoon grated lemon zest**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **¼ teaspoon grated garlic**
- **¼ cup thinly sliced fresh basil, divided**
- **¼ cup grated Parmesan cheese, divided**
- **4 ears corn, husked**
- **1 tablespoon canola oil**

1. Preheat grill to medium-high.

2. Combine butter, lemon zest, salt, pepper, garlic and 2 tablespoons each basil and Parmesan in a mini food processor. Process until smooth. *(Alternatively, mash with a fork in a small bowl.)*

3. Brush corn with oil. Grill the corn, turning occasionally, until slightly charred and tender, 8 to 10 minutes.

4. Spread the butter mixture over the corn and sprinkle with the remaining 2 tablespoons each basil and Parmesan. Serve immediately.

SERVES 4: 1 ear corn & 4 tsp. pesto butter each

CAL 168 / **FAT** 9G (SAT 3G) / **CHOL** 12MG / **CARBS** 20G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 346MG / **POTASSIUM** 297MG.

Opposite: **Market-goers in Madison clamor for flowers grown by Alice Lynette Jackson and her mother, Alice LaVerne Jackson, at Meadow Acre Farm.**

ABOVE RIGHT: KANTHA QUILT FROM BLOCKSHOPTEXTILES.COM

19 Leave the list at home and buy what looks delicious that week instead. Then plan your meals around your purchases when you get home.

20 Seek out fruits and vegetables that you can't find at the grocery store. "I grow a pepper that I introduced to the area, the aji dulce," says Chris Sermons of South Carolina's Bio-Way Farm.

21 For tomatoes, use your eyes and your nose. Look for vivid color and sniff for their trademark fragrance. Many heirlooms have cracks, imperfections and variations in color. And treat each tomato gently. They bruise easily, and if you squeeze one and put it back, that makes it less appealing to the next customer.

22 To pick a perfect peach to eat *right now,* check the stem end. Ricky Martin of Washington's Martin Family Orchards says, "Peaches are packed on their shoulders [the stem end], and a good way to tell if it's ripe is if you see some flattening on the top—the weight of the peach pushes it down when it's soft enough."

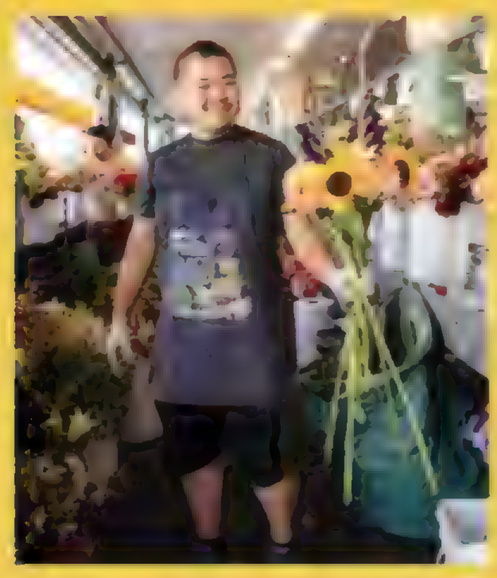
23 For melons, trust your farmer: most of the indicators of a ripe melon happen in the field, before it's harvested. If you're too shy to ask, our experts did offer suggestions—for cantaloupe and others melons with a netting pattern, use your nose. If there's a strong scent of melon at the stem end, it's perfect to eat right now. A milder aroma means you've got a day or two. And a faint bouquet with a hint of green means you can leave it on the counter for several days, where it'll continue to ripen. Look for honeydew with skin that's creamy white verging on yellow. It should feel smooth, almost slippery, and you should be able to detect a sweet scent at the stem end. Give it a gentle shake—if you hear the rattle of loose seeds, it's ripe. With watermelon, the larger and creamier the yellow patch on the bottom, the better it'll taste.

(continued on p.104)

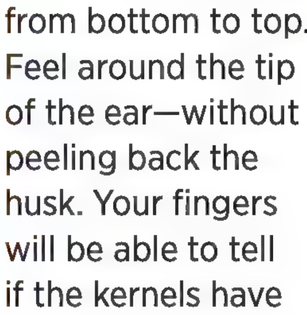
Pike Place Farmers Market
Pike Place & Pine Street, Seattle, WA
9 a.m.-5 p.m., June to Nov.

Along with the Space Needle, Pike Place Market counts as one of the top tourist attractions in the Northwest. Famous for its fish-throwing vendors, the 9-acre expanse of food-focused shops and restaurants bustles seven days a week, year-round. While Growing Washington is the only permanent farm stall that features local produce all year, farmers set up shop from June to November in temporary digs. Hit it up on Saturday for the best selection.

SEATTLE, WA



24 Don't open ears of corn then toss them back into the pile. "It's like opening a bag of chips to see if they're crushed," says Andrea Yoder of Wisconsin's Harmony Valley Farm. "You wouldn't put that back on the shelf, would you?" Look for ears that are close to uniform in diameter from bottom to top. Feel around the tip of the ear—without peeling back the husk. Your fingers will be able to tell if the kernels have filled out all the way to the end. Ask when it was picked and pass on any that is more than 24 hours off the stalk.



25 Intrigued by an unfamiliar item but not sure what to do with it? Ask the farmer—they may share their favorite preparation or have recipe cards you can take home.

26 Think beyond dinner. Prepared goods like jams, jellies and salsas, wine and spirits, soap and even artwork all make great gifts.

27 Grab flowers last and put them on top of your bag so they don't get crushed. Blooms at the farmers' market are likely to be the freshest flowers you'll find, short of picking from your own garden. Some markets might have a single grower, but others have entire flower sections. "Pike Place is perhaps the most amazing flower market of anywhere I've ever seen," says Clayton Burrows of Growing Washington farm.

DEBBIE KOENIG is a food writer and the author of the cookbook *Parents Need to Eat Too: Nap-Friendly Recipes, One-Handed Meals & Time-Saving Kitchen Tricks for New Parents.*

Watermelon Sherbet

RECIPE BY ANNA THEOKTISTO

ACTIVE: 10 min **TOTAL:** 8 hrs 10 min (including 8 hrs freezing time)

TO MAKE AHEAD: Freeze for up to 1 week.

The only difference between sorbet and sherbet is that the latter has a bit of dairy. In this case, sweetened condensed milk adds sweetness plus a touch of creaminess.

- **6¼ cups cubed seedless watermelon**
- **1 14-ounce can sweetened condensed milk**
- **⅓ cup lime juice**
- **¼ teaspoon salt**

1. Place watermelon on a large rimmed baking sheet. Freeze until frozen, about 4 hours or overnight.

2. Puree the frozen watermelon, condensed milk, lime juice and salt in a food processor, in batches if necessary, until smooth, 2 to 3 minutes. Transfer the mixture to a large sealable container. Cover and freeze until firm, about 4 hours.

SERVES 12: ½ cup each

CAL 132 / **FAT** 3G (SAT 2G) / **CHOL** 11MG / **CARBS** 25G / **TOTAL SUGARS** 23G (ADDED 18G) / **PROTEIN** 3G / **FIBER** 0G / **SODIUM** 91MG / **POTASSIUM** 219MG.

Grilled Skirt Steak with Corn-Tomato Relish

RECIPE BY ROBIN BASHINSKY

ACTIVE: 25 min **TOTAL:** : 25 min

Corn, tomato and basil scream summer, but simplicity makes this recipe perfect for the season. Serve with salad greens. (Photo: cover.)

- **1 pound skirt steak *or* sirloin steak**
- **¾ teaspoon kosher salt, divided**
- **¾ teaspoon ground pepper, divided**
- **1 ear corn, husked**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ cup halved cherry tomatoes**
- **¼ cup thinly sliced red onion**
- **2 tablespoons torn fresh basil**
- **1½ tablespoons rice vinegar**
- **1 serrano chile, seeded and minced**

1. Preheat grill to medium-high.

2. Sprinkle steak with ½ teaspoon each salt and pepper. Brush the steak and corn with 1 tablespoon oil.

3. Oil the grill rack *(see Tip, page 18).* Grill the corn, turning occasionally, until lightly charred and tender, 8 to 10 minutes. Grill the steak, turning occasionally, to desired doneness, 6 to 8 minutes for medium-rare. Transfer the steak to a clean cutting board and let rest for 10 minutes.

4. Cut the kernels from the cob. Combine in a medium bowl with tomatoes, onion, basil, vinegar, chile, the remaining 2 tablespoons oil and ¼ teaspoon each salt and pepper.

5. Slice the steak thinly against the grain. Serve with the relish.

SERVES 4: 3 oz. steak & ½ cup relish each

CAL 311 / **FAT** 20G (SAT 5G) / **CHOL** 74MG / **CARBS** 7G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 1G / **SODIUM** 441MG / **POTASSIUM** 556MG.

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EatingWell & Health

FIT FOODIE FESTIVAL & 5K

THE ONE RUN YOU HAVE TO DO THIS YEAR.

LOVE FOOD AND FITNESS? THEN THE EATINGWELL & HEALTH FIT FOODIE FESTIVAL & 5K IS THE DELICIOUS WORKOUT YOU'VE BEEN WAITING FOR!

There are many reasons to sign up for an organized run. To challenge yourself, accomplish a goal, have fun with friends, and score an awesome medal! Whatever the reason to run, one 5K stands out as the can't-miss fitness event of the year. It's the **EatingWell and Health Fit Foodie Festival & 5K**. The Fit Foodie Festival & 5K is all about encouraging a healthy balance of food and fitness. Our motto is, "**A calorie burned is a calorie earned**." There is a 5K run that actually has food along the course, a beer garden, cooking demos, food samples, and even mini fitness classes. At the Fit Foodie Festival & 5K, run, eat, work out, and then eat again. The best part? You don't need to feel guilty about any of it. Have we convinced you to sign up yet?

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10 REASONS TO GRAB YOUR APPETITE & SNEAKERS AND JOIN THE FIT FOODIE FESTIVAL & 5K

VISIT AN AWESOME U.S. CITY

Denver, CO | August 3, 2019
San Diego, CA | October 12, 2019
Austin, TX & Fairfax, VA | Summer 2020

BRING THE WHOLE FAMILY AND FURRY FRIENDS TOO

Grab the whole gang and bring them to the Fit Foodie for a family, stroller, and pet-friendly day of fun!

PUT THE FUN IN RUN, WITH BITES ALONG THE COURSE

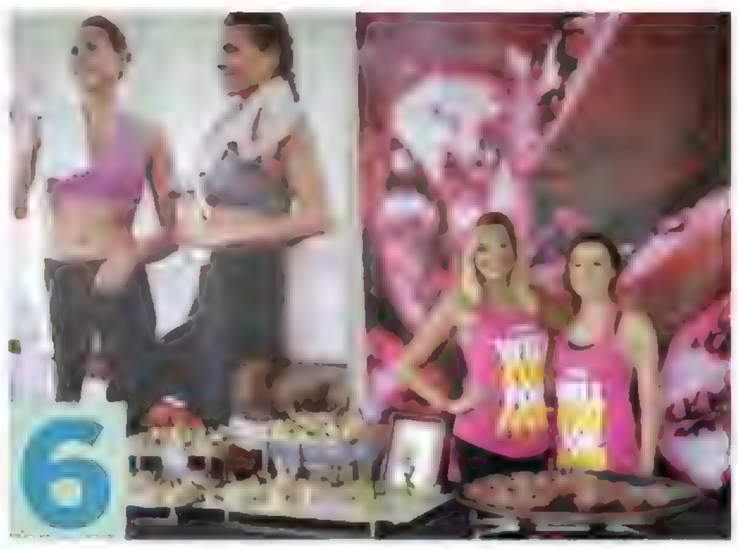
Indulge in a quick pit stop and grab a bite or two on the course!

BURN TO EARN

After the 5K, step into the Food & Fitness Festival for bites from local brands and restaurants.

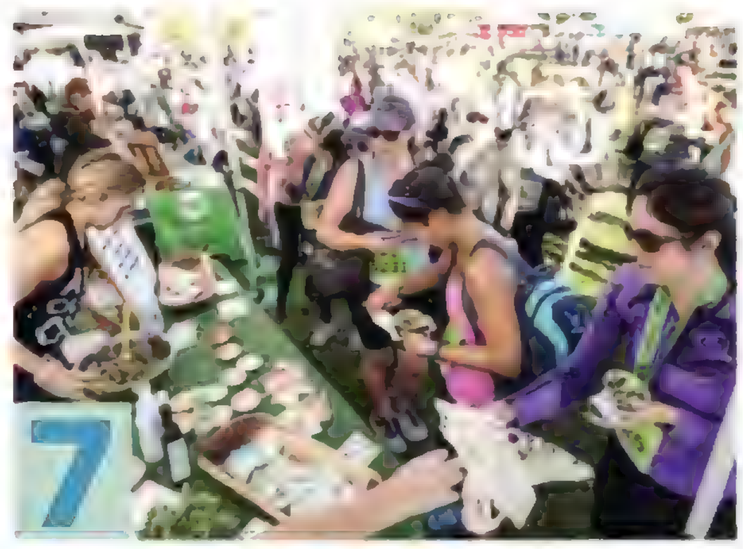
SNAG THE CUTEST MEDAL EVER!

Will you run for bling? Us too! All Fit Foodie participants are rewarded with a Watermelon Finisher's Medal!



STEP INTO THE PAGES OF *EATINGWELL* AND *HEALTH*

Meet the editors and experience recipes and workouts from the magazines.



TAKE AWAY SO. MUCH. SWAG.

Grab a goodie bag and load it with takeaways from some of the country's top health and wellness brands.

EXPERT COOKING & FITNESS TIPS

From cooking demonstrations to mini exercise classes, there is no shortage of action (and eating) at the Fit Foodie Culinary and Fitness Stages.

CELEBRATE IN THE BEER GARDEN

Celebrate a job well done in the Fit Foodie Beer Garden! All included in Fit Foodie registration.

MAKE A DIFFERENCE FOR CHILDREN IN NEED

The Fit Foodie Festival & 5K benefits No Kid Hungry, a campaign of the national anti-hunger organization Share Our Strength.

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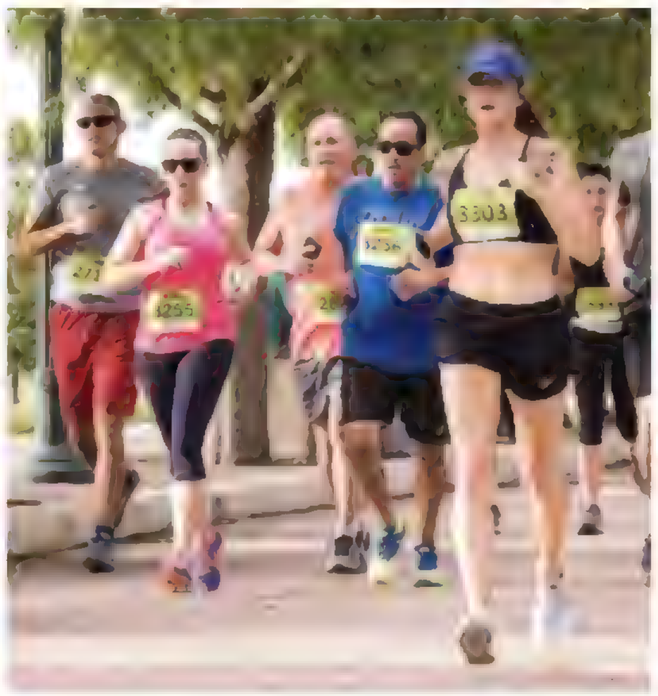

GETTING THE MOST OUT OF THE FIT FOODIE FESTIVAL & 5K

WILL RUN FOR FOOD.

Will you? Motivation is key and keeps our eye on the prize during a high-intensity workout. Tasty rewards aside, motivation also comes from our peers and teammates who encourage us.

REWARD YOUR SUCCESS

Success looks different for everyone — for some it's achieving a personal record, for others it's crossing the finish line. No matter the goal, once you accomplish it, celebrate.

GIVE BACK

One of the most rewarding parts of the Fit Foodie Run is the opportunity to give back through fundraising. The 2019 race series benefits No Kid Hungry. One of the best (and most fun) ways to contribute is to create a team with your friends and fundraise together!

AN INSIDER'S LOOK AT THE POST-RUN FOOD AND FITNESS FESTIVAL

There is no shortage of activity going on inside the Food and Fitness Festival. The event has so much to see, do and taste!

Plan to watch a demonstration on the Culinary Stage and sample the delicious creations for yourself. Make sure you stick around to the end of the demo to ask your questions.

SIGN UP TODAY & SAVE 20%

Register at **fitfoodierun.com** with the code **RUNEATDRINK**

A portion of each run entry fee goes to No Kid Hungry.

UPCOMING 2019 EVENTS

DENVER, CO | AUGUST 3, 2019 **SAN DIEGO, CA** | OCTOBER 12, 2019

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EAT LIKE A FIT FOODIE

These gluten-free muffins use finely ground rolled oats in place of flour. That gives the fruit- and nut-studded muffins a tender texture and fluffy crumb. To make the muffins even easier, everything is combined in the blender so you can blend, pour, bake and enjoy.

GLUTEN-FREE MORNING GLORY BLENDER MUFFINS

ACTIVE: 20 MIN | **TOTAL**: 50 MIN | **SERVES**: 12

- 1½ cups rolled oats (see Tip)
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 large eggs
- 1 cup unsweetened applesauce
- ⅔ cup light brown sugar
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1 cup shredded and coarsely chopped carrot
- ⅓ cup currants or chopped raisins
- ⅓ cup chopped walnuts or pecans
- 1 tablespoon unsweetened shredded coconut for garnish

Preheat oven to 350°F. Coat a 24-cup mini muffin tin with cooking spray. Pulse oats in a blender until finely ground. Add cinnamon, baking powder, baking soda and salt; pulse once or twice to blend. Add eggs, applesauce, brown sugar, oil and vanilla; puree until smooth. Stir in carrot, currants (or raisins) and nuts. Fill the prepared muffin cups (they will be full). Sprinkle with coconut, if desired. Bake the muffins until a toothpick inserted in the center comes out clean, 16 to 19 minutes. Cool in the pan on a wire rack for 10 minutes, then turn out to cool completely.

TIP: People with celiac disease or gluten sensitivity should use oats labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

FEASTING ON THE LAND

LEIGH BEISCH
Food Photography

NINA GALLANT
Location Photography

CHARLIE FOSTER
Recipes

Kristin Canty believes in the power of food to nourish the body and heal the environment. Her passion inspired her to make a documentary, *Farmageddon,* about the demise of family farms, and open a restaurant (soon to be three). Plus she started a farm to supply meat to the restaurants. Her zeal also informs the celebration she holds as the short but intense growing season peaks at The Farm at Woods Hill in New Hampshire. Canty brings her farm crew and their families together for a dinner cooked by Charlie Foster, who's the executive chef at her Massachusetts restaurants, Woods Hill Table and Adelita.

The meat—tender braised pork as well as grilled hanger steak—comes from animals raised by this team. All the animals at Woods Hill, including sheep, cows, pigs, ducks and chickens, are grazed in rotation from one lush, nutrient-dense pasture to another. Chef Foster partners with local farms to source organic vegetables; he whirs absurdly fragrant tomatoes into gazpacho and pairs them with corn and peppers for a salad. As the sun dips low and the group gathers to feast, they raise glasses in thanks, evidence of their hard work and the rewards of Canty's deeply held beliefs all around them.

GRILLED HANGER STEAK
with Stuffed Squash Blossoms
& Crispy Onions (p.116)

HEIRLOOM TOMATO SALAD with Charred Corn & Pepper Salsa *(p.115)*

Clockwise from top left: *Kristin Canty* (right) *works with farm manager Amber Reed* (left) *to make sure all the livestock at The Farm at Woods Hill have access to verdant pasture and are raised humanely. Reed says this makes the animals and the land healthier. • Michelle O'Llama stands guard over the sheep, protecting them from predators like coyotes and eagles. • Fog hangs low in the valley that stretches from the farm east to the White Mountains. • The ducks, which are used for their meat as well as their eggs at Woods Hill Table, are so well-trained they put themselves to bed in the barn as the sun goes down.*

Summer Tomato Gazpacho

ACTIVE: 25 min **TOTAL:** 1 hr 25 min

TO MAKE AHEAD: Prepare through Step 1 and refrigerate overnight.

Gazpacho is a great way to use less-than-beautiful-but-still-great-tasting tomatoes since they get whirled up in a food processor. The chilled soup is served here with Mexican sour gherkins—bite-size cucumbers that look like mini watermelons and have a slightly sour flavor. Look for them at your farmers' market.

- **3 pounds heirloom tomatoes, chopped**
- **¾ cup chopped red bell pepper**
- **¾ cup chopped cucumber**
- **2 medium cloves garlic, chopped**
- **1 teaspoon salt**
- **2 tablespoons sherry vinegar**
- **4 tablespoons extra-virgin olive oil, divided, plus more for garnish**
- **3 ounces country bread, chopped (2 cups)**
- **Sliced Mexican sour gherkin cucumbers *or* English cucumber for garnish**
- **Ground pepper for garnish**

1. Combine tomatoes, bell pepper, cucumber, garlic and salt in a large bowl. Add vinegar, 1 tablespoon oil and bread and toss to combine. Let stand at room temperature for 1 hour or refrigerate overnight.

2. Transfer half of the tomato mixture to a food processor. With the motor running, slowly add 1½ tablespoons oil and process until chunky for a rustic gazpacho or puree for a smooth one. Transfer to a bowl. Repeat with the remaining tomato mixture and 1½ tablespoons oil.

3. Serve topped with cucumber slices, pepper and more oil, if desired.

SERVES 6: about 1 cup each

CAL 176 / **FAT** 10G (SAT 1G) / **CHOL** 0MG / **CARBS** 18G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 475MG / **POTASSIUM** 604MG.

Grilled Chicken with Dirty Wild Rice

ACTIVE: 35 min **TOTAL:** 1¼ hrs

Foster believes in the nose-to-tail ethos so he uses as much of each animal as he can. Here chicken livers are incorporated into a take on Southern dirty rice to go with chicken breasts. Serve with grilled wild mushrooms and greens.

- **4 tablespoons extra-virgin olive oil, divided**
- **3 cloves garlic (1 crushed, 2 minced), divided**
- **1 bay leaf**
- **1 cup wild rice**
- **3 cups low-sodium chicken broth**
- **1 cup diced yellow onion**
- **3 ounces chicken livers**
- **2 tablespoons butter, softened**
- **1 tablespoon minced fresh chives**
- **1 tablespoon minced fresh parsley**
- **1 tablespoon lemon juice**
- **1 teaspoon kosher salt, divided**
- **1 teaspoon ground pepper, divided**
- **2 bone-in, skin-on chicken breasts (about 2 pounds total)**

SUMMER TOMATO GAZPACHO

STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS)

Charlie Foster (standing) *is 100 percent on board with Canty's mission: "Having an ecological impact based on the meat and vegetables we're using, the fish we buy, and educating people about that, that's what I want to be doing."* • *Hens search for lunchtime bugs.*

1. Heat 2 tablespoons oil in a large saucepan over medium heat. Add crushed garlic and bay leaf and cook, stirring, for 1 minute. Add rice and cook, stirring, for 30 seconds. Add broth and bring to a boil. Reduce heat to low, cover and simmer until the rice is tender, about 1 hour.
2. Meanwhile, heat the remaining 2 tablespoons oil, minced garlic and onion in a medium skillet over medium-low heat. Cook, stirring occasionally, until very soft but not browned, about 10 minutes.
3. Puree chicken livers and butter in a mini food processor.
4. Preheat grill to medium-high.
5. As soon as the rice is done, drain and return to the pot. (You'll be using the residual heat to cook the liver.) Using a spatula, add the liver mixture, the onion mixture, chives, parsley, lemon juice and ½ teaspoon each salt and pepper to the rice. Stir rapidly to evenly incorporate the liver for a smooth, uniform texture. Cover and keep warm.
6. Sprinkle chicken with the remaining ½ teaspoon each salt and pepper. Grill the chicken, turning occasionally, until an instant-read thermometer inserted in the thickest part without touching bone registers 160°F, about 20 minutes total. Transfer the chicken to a clean cutting board and let rest for 5 minutes. Keeping the skin on, cut the meat from the bone and slice. Serve with the rice.
SERVES 5: 3 oz. chicken & ⅔ cup rice each
CAL 472 / **FAT** 21G (SAT 6G) / **CHOL** 157MG / **CARBS** 33G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 38G / **FIBER** 3G / **SODIUM** 499MG / **POTASSIUM** 753MG.

Heirloom Tomato Salad with Charred Corn & Pepper Salsa

ACTIVE: 30 min **TOTAL:** 30 min
The roasted pepper and corn salsa that tops this gorgeous salad has a kick from the tart sherry vinegar and moderately spicy and fruity Aleppo pepper. Red-wine vinegar and ground ancho chile are good alternatives. (Photo: page 112.)

- **4 ears corn, husked**
- **1 cup chopped jarred roasted red peppers, liquid in the jar reserved**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons sherry vinegar plus 2 teaspoons, divided**
- **1¼ teaspoons Aleppo pepper, divided**
- **½ teaspoon chopped fresh summer savory *or* oregano**
- **2¼ pounds heirloom tomatoes**
- **¾ teaspoon flaky sea salt**
- **½ cup crumbled queso fresco**

1. Preheat grill to medium-high.
2. Grill corn, turning occasionally, until lightly charred and tender, 8 to 12 minutes total.
3. Cut the kernels from the cobs. Combine in a medium bowl with roasted red peppers, 2 teaspoons of the liquid from the jar, oil, 2 tablespoons vinegar, 1 teaspoon Aleppo pepper and savory (or oregano).
4. Slice tomatoes. Toss with salt and the remaining 2 teaspoons vinegar in a large bowl. Arrange the tomatoes on a platter and top with the corn salsa, queso fresco and the remaining ¼ teaspoon Aleppo pepper.
SERVES 10: 1 cup each
CAL 104 / **FAT** 5G (SAT 1G) / **CHOL** 4MG / **CARBS** 13G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 348MG / **POTASSIUM** 364MG.

Creamy Cavatelli with Braised Pork, Shishito Peppers & Basil

ACTIVE: 25 min **TOTAL:** 25 min

Mayonnaise adds great tang and texture to this pasta—who knew? Black garlic, which is fermented, offers a sweeter, more mellow flavor than fresh. Find it at well-stocked supermarkets or substitute cloves of roasted garlic.

- **8 ounces cavatelli *or* orecchiette pasta**
- **1 tablespoon extra-virgin olive oil**
- **1 cup cherry tomatoes, halved**
- **4 cloves garlic, thinly sliced**
- **8 cloves black garlic, chopped**
- **1 cup chopped shishito peppers**
- **2 cups shredded braised pork *(recipe follows)***
- **½ cup torn fresh basil leaves**
- **5 tablespoons mayonnaise**
- **1 tablespoon sherry vinegar**
- **¼ teaspoon kosher salt**

1. Bring a large pot of water to a boil. Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.

2. Meanwhile, heat oil in a large skillet over medium heat. Add tomatoes, garlic and black garlic. Cook, stirring, until the tomatoes start to soften, 2 to 4 minutes. Add peppers; cook, stirring, until tender, about 2 minutes. Stir in the pasta, pork and ½ cup cooking water. Cook, stirring gently, until coated, about 2 minutes, adding more cooking water as needed.

3. Remove from heat and stir in basil, mayonnaise, vinegar and salt. Toss to evenly coat.

SERVES 5: about 1 cup each

CAL 506 / **FAT** 26G (SAT 6G) / **CHOL** 61MG / **CARBS** 41G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 3G / **SODIUM** 466MG / **POTASSIUM** 551MG.

Red Wine–Braised Pork

ACTIVE: 30 min **TOTAL:** 2½ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days

This basic braised pork recipe goes into the creamy cavatelli pasta, and the good news is you'll have some left over. Try it stuffed into a sandwich with provolone and peppers or on top of a pizza.

- **2 pounds boneless pork shoulder, trimmed and cut into 4 pieces**
- **1 teaspoon kosher salt**
- **¾ teaspoon ground pepper**
- **1 tablespoon extra-virgin olive oil**
- **1 cup chopped onion**
- **½ cup chopped carrot**
- **½ cup chopped celery**
- **2 cloves garlic, minced**
- **4 sprigs fresh thyme**
- **1 bay leaf**
- **2 tablespoons tomato paste**
- **1 cup dry red wine**
- **2 cups low-sodium beef broth**
- **1 cup water**

1. Preheat oven to 325°F.

2. Season pork with salt and pepper. Heat oil in a large ovenproof pot over medium-high heat. Add the pork and cook, turning occasionally, until browned on all sides, about 6 minutes. Transfer to a clean plate.

3. Reduce heat to medium-low and add onion, carrot and celery to the pot; cook, stirring occasionally, until soft but not browned, about 5 minutes. Add garlic, thyme and bay leaf; cook, stirring, for 1 minute. Add tomato paste and cook, stirring, for 30 seconds. Increase heat to medium and add wine. Cook, scraping up any browned bits, until the wine is reduced by half, about 2 minutes. Stir in broth and water. Return the pork and any accumulated juices to the pot, nestling it into the liquid.

4. Cover the pot and transfer to the oven. Bake until the meat is very tender, 2 to 3 hours.

5. Using 2 forks, shred the pork. Serve with the sauce, if desired.

SERVES 8: ½ cup each

CAL 257 / **FAT** 15G (SAT 5G) / **CHOL** 69MG / **CARBS** 5G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 20G / **FIBER** 1G / **SODIUM** 347MG / **POTASSIUM** 432MG.

Grilled Hanger Steak with Stuffed Squash Blossoms & Crispy Onions

ACTIVE: 1 hr **TOTAL:** 1 hr

Hanger steak is inherently tender and has great flavor. Here it's paired with a side of stuffed squash blossoms that are baked rather than getting the more typical battered-and-fried treatment. (Photo: page 111.)

- **1 cup chopped fresh parsley**
- **4 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon grated lemon zest**
- **1½ teaspoons lemon juice**
- **1 small clove garlic, grated**
- **½ teaspoon anchovy paste**
- **⅛ teaspoon crushed red pepper**
- **½ teaspoon kosher salt, divided**
- **½ teaspoon ground pepper, divided**
- **¼ cup toasted fresh breadcrumbs**
- **2 medium zucchini (about 12 ounces total), shredded**
- **1 tablespoon butter**
- **2 shallots, minced**
- **¼ cup crème fraîche**
- **1 teaspoon chopped fresh tarragon**
- **Pinch of cayenne pepper**
- **12 squash blossoms**
- **1 pound hanger *or* flank steak, trimmed**
- **¼ cup store-bought crispy onions**

1. Preheat oven to 325°F. Preheat grill to medium-high.

2. Combine parsley, 2 tablespoons oil, lemon zest, lemon juice, garlic, anchovy paste, crushed red pepper and ¼ teaspoon each salt and pepper in a medium bowl. Stir in breadcrumbs and set aside.

3. Place zucchini in a clean kitchen towel and squeeze to remove as much moisture as possible. Heat butter in a medium skillet over medium heat. Add shallots and cook until soft but not browned, about 30 seconds. Add the zucchini and cook, stirring occasionally, until

WINE PAIRINGS

GAZPACHO *Tomatoes and vinegar command a high-acid white wine, like the* ***2017 Inama Vin Soave Classico,*** *Italy ($12), made from 100% garganega grapes.*

GRILLED CHICKEN *With juicy peach aromas and a touch of creaminess, the* ***2017 Poco a Poco Chardonnay,*** *Mendocino County, CA ($18), melts in your mouth alongside the dirty rice.*

TOMATO SALAD *Pair the ultimate summer salad with the ultimate summer wine: rosé. One of our favorites is the budget-friendly* ***2018 VRAC Rosé, Vin de Pays,*** *France ($10).*

CAVATELLI *The piggy on the label of the* ***2014 "Gertrude" La Maialina,*** *Toscana, Italy ($13), is not just cute, it's a sign of what to serve this wine with.*

HANGER STEAK *A medium-bodied red, like the* ***2016 Viña Cobos by Paul Hobbs "Felino" Cabernet Sauvignon,*** *Mendoza, Argentina ($21), stands up to the steak without overpowering the squash blossoms.*

just tender, about 2 minutes. Transfer to a bowl and stir in crème fraîche, tarragon and cayenne.

4. Carefully open squash blossoms without tearing the petals and remove the stamens. If stems are attached, trim to ¼ inch. Stuff each blossom with about 1 tablespoon of the zucchini mixture, gently closing the petals around the filling. Arrange on a baking sheet and drizzle with the remaining 2 tablespoons oil.

5. Season steak with the remaining ¼ teaspoon each salt and pepper. Grill for 2 to 5 minutes per side for medium-rare. Transfer to a clean cutting board and let rest for 10 minutes.

6. Meanwhile, bake the squash blossoms until the filling is hot and bubbly, 10 to 12 minutes.

7. Slice the steak, top with the onions and the reserved parsley sauce, and serve with the squash blossoms.

SERVES 4: 3 oz. steak, 3 squash blossoms & 2 Tbsp. sauce each

CAL 464 / **FAT** 33G (SAT 11G) / **CHOL** 90MG / **CARBS** 13G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 2G / **SODIUM** 505MG / **POTASSIUM** 685MG.

plums in peril

IF YOU'RE LUCKY ENOUGH TO BE IN COLORADO and taste Topp Fruits' plums, peaches or cherries this summer, you'll know exactly why the young owners decided to make a life growing this fruit. For the rest of us, we offer this very delicious solace: Kate McDermott's baking recipes that will make you wish stone-fruit season would never end. By Betsy Andrews

Location photography by Cedric Angeles Food photography by Scott Pitts

Harrison Topp and Stacia Cannon—who also raise Bernese mountain dogs—prune their trees into funnel-like shapes for maximum exposure to air and light and to make the fruit easier to pick.

ON 25 ACRES OF COLORADO'S WESTERN SLOPE, just south of the 10,000-foot Grand Mesa in Hotchkiss, lies the farm that Stacia Cannon and Harrison Topp purchased last year, which they now call home.

It's a good piece of land: in years with no drought, the mesa's deep snowpack melts in the spring and feeds the earth with pristine water. Everything greens up. Here as well as on the 15 acres in nearby Paonia where Topp Fruits began six years ago, the couple's organic peach, plum and cherry trees bloom.

First, in June, comes the cherry crop. After that, the bigger stone fruits do their thing: Elephant Heart plums named for their shape; Blood plums named for their color; peaches ripening through September. The best are the Redhaven, Suncrest and Cresthaven cultivars that blush at the height of summer—"giant juice orbs," Topp calls them. They delight the shoppers at the Telluride farmers' market and at the farmstand in the old mining town of Ridgeway. And they're the cream of the crop the couple brings to the packing shed a quarter mile from their farm, to be shipped to grocers all over.

"We have hot summers here, so a luscious peach is an amazing Colorado treat," Topp declares. Cool nights, warm days and sweet mountain water lend a sugar-acid complexity to the fruit.

The fruit's beauty, though, belies the sacrifice that goes into it. At 29 and 32 years old respectively, Cannon and Topp face the same struggles as other young farmers: Loans to pay off and help to pay. Cash flow and free time are scarce. Tricky weather can knock out a crop, and changes in the fruit business make it tough for small farmers to survive.

The couple holds down second jobs to make ends meet, she as vet tech and he as an organizer for the Rocky Mountain Farmers Union, which provides opportunity to farmers through education, cooperation and legislation. Topp attends union gatherings throughout the region to figure out how to help those communities, while back at home, he and Cannon are supported by neighboring farmers who pitch in to fix equipment and keep the standards at the packing shed high.

Indeed, though visiting hikers, bicyclists and skiers might not realize it, there's a strong agricultural tradition in this part of Colorado, including vegetables and herbs, ranching of all kinds, and apples, which Topp and Cannon also grow. But those who look will also find an agritourism scene that brings them closer to farmers like Topp and Cannon. Organic orchardists Kevin and Karen Kropp run the historic Bross Hotel Bed and Breakfast in Paonia, an excellent base, says Topp, for exploration. There are cideries, farm tours, you-pick fruit, a boom in local wineries—people are going to get up close and personal with the food in this region. "They're going to have a trip they'll really remember here," Topp says.

"We're stewarding the land in Western Colorado," he continues. "There's joy, success and accomplishment, and it's replete with challenges and moments of despair. But agriculture is not about not failing. It's about getting up after you fail," he adds, invoking the wisdom he's gained thus far in his long hours in the orchards. "And no matter how crazy the summer gets, it's sweetened considerably because we love what we grow. I have profound respect for people who grow grains, but there's nothing like growing a peach."

BETSY ANDREWS *is a food and travel writer and a poet. Her award-winning books include* New Jersey *and* The Bottom.

KATE MCDERMOTT *is a baking teacher and James Beard Award-nominated cookbook author. Her latest book is* Home Cooking with Kate McDermott.

Stone-Fruit Crostatas with Cream Cheese Crust

ACTIVE: 50 min **TOTAL:** 2½ hrs

TO MAKE AHEAD: Refrigerate crust (Step 1) for up to 3 days or freeze for up to 3 months; thaw in the refrigerator for 24 hours before using. Store crostatas at room temperature for up to 1 day.

EQUIPMENT: Parchment paper

When you have a hankering for pie, try making crostatas instead. These open-face hand-pies are just right to highlight the sunshine flavor of fresh ripe peaches, nectarines, plums or pluots. Sprinkle a little sugar on top before baking for extra sparkle and crunch.

CRUST

- **1 cup all-purpose flour**
- **1 cup white whole-wheat flour**
- **2 tablespoons sugar**
- **½ teaspoon baking powder**
- **½ teaspoon salt**
- **¼ cup canola oil**
- **4 tablespoons cold unsalted butter, cut into ½-inch cubes**
- **3 ounces cold reduced-fat cream cheese, cut into ½-inch cubes**
- **3-4 tablespoons water**
- **1 tablespoon cider vinegar**
- **1 large egg white, mixed with 1 tablespoon water**

FILLING

- **¼ cup cornstarch**
- **3 tablespoons sugar plus 1 teaspoon, divided**
- **1 teaspoon ground cinnamon**
- **Pinch of salt**
- **3 cups sliced peaches, nectarines *and/or* apricots**
- **8 teaspoons prepared lemon curd**

1. To prepare crust: Combine all-purpose and whole-wheat flours, 2 tablespoons sugar, baking powder and ½ teaspoon salt in a food processor. Pulse 3 times to mix. Add oil, butter and cream cheese and pulse until it looks like coarse meal, 10 to 15 times. Add 3 tablespoons water and vinegar; pulse until the dough is starting to come together, about 5 more times; add 1 tablespoon water, if necessary. Form the dough into a disk and wrap in plastic wrap. Refrigerate for at least 1 hour.

2. When ready to assemble & bake: Position oven racks in middle and lower thirds of oven; preheat to 425°F. Line 2 baking sheets with parchment paper.

3. Divide the dough into 8 equal pieces. Roll out each on a lightly floured surface to roughly a 7-inch circle and place on the prepared pans. The circles may overlap slightly.

4. To prepare filling: Whisk cornstarch, 3 tablespoons sugar, cinnamon and salt in a small bowl. Sprinkle 2 teaspoons of the mixture evenly over each crust, leaving a 1-inch border. Top with fruit. Sprinkle with the remaining cornstarch mixture and dot each with 1 teaspoon lemon curd.

5. Fold and pleat the edges of the dough over the filling, leaving an opening in the center. *(See photos, page 135.)* Lightly brush the edges with egg white mixture and sprinkle with the remaining 1 teaspoon sugar. Refrigerate for 15 minutes.

6. Bake the crostatas for 15 minutes. Swap pans from top to bottom and front to back. Reduce oven temperature to 375°F and bake until golden brown, about 15 minutes more.

SERVES 8: 1 crostata each

CAL 337 / **FAT** 16G (SAT 6G) / **CHOL** 18MG / **CARBS** 41G / **TOTAL SUGARS** 15G (ADDED 11G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 242MG / **POTASSIUM** 166MG.

All in the Family

Stone fruits—apricots, cherries, plums, peaches and nectarines—are in the *Prunus* genus of fruits—and it's a big family. Besides multiple varieties of the basics like *red* plums or *white* peaches, there are lots of hybrids. Some, like plumcots (a 50/50 apricot-and-plum mix) occur naturally where both are grown, while others like apriums (a more apricot-dominant hybrid) are hand-pollinated.

Black Plum

Yellow Nectarine

Dapple Dandy Pluot

Grenada Pluot

Red Plum

Yellow Peach

Spiced Tea Bread with Fresh Plums

ACTIVE: 30 min **TOTAL:** 2 hrs 40 min

TO MAKE AHEAD: Store at room temperature for up to 2 days or freeze for up to 1 month.

Make this quick bread for Sunday brunch, an afternoon snack or as an easy dessert. It's 100% whole-grain, made with mild-tasting white whole-wheat flour and oat flour, which keeps it moist.

- **1 cup white whole-wheat flour**
- **¾ cup oat flour**
- **¾ cup granulated sugar**
- **2½ teaspoons baking powder**
- **1 teaspoon ground cardamom**
- **1 teaspoon ground ginger**
- **½ teaspoon ground allspice**
- **½ teaspoon salt**
- **2 large eggs**
- **¾ cup low-fat milk**
- **¼ cup safflower oil *or* melted butter**
- **1 teaspoon vanilla extract**
- **1½ cups diced ripe plums (about 2 medium)**
- **⅔ cup almonds, toasted and coarsely chopped**
- **2 teaspoons turbinado sugar**

1. Preheat oven to 350°F. Generously coat a 9-by-5-inch nonstick loaf pan with cooking spray.

2. Whisk whole-wheat and oat flours, granulated sugar, baking powder, cardamom, ginger, allspice and salt in a medium bowl.

3. Whisk eggs, milk, oil (or butter) and vanilla in a large bowl until well combined. Add plums and almonds and stir to combine. Add the dry ingredients in four additions, mixing lightly to combine after each addition. Scrape into the prepared pan. Sprinkle with turbinado sugar.

4. Bake the loaf until golden brown and a wooden skewer inserted in the center comes out clean, 1 hour to 1 hour 10 minutes. Let cool in the pan for 10 minutes. Run a knife around the edges, then turn the loaf out onto a wire rack and place on its side. Let cool for 1 hour before cutting.

SERVES 10: 1 slice each

CAL 256 / **FAT** 11G (SAT 1G) / **CHOL** 38MG / **CARBS** 34G / **TOTAL SUGARS** 19G (ADDED 16G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 261MG / **POTASSIUM** 109MG.

Stone-Fruit Pavlova

ACTIVE: 25 min **TOTAL:** 2¾ hrs

TO MAKE AHEAD: If it's not humid, store cooled meringue (Steps 1-4) in an airtight container or well wrapped for up to 1 day. If it is humid, assemble pavlova and serve shortly thereafter.

EQUIPMENT: Parchment paper

This pavlova is a great way to show off fruit that's at its peak, plus it's super-adaptable. The easy-to-make meringue, which is crisp outside and marshmallow-like inside, can be topped with any assortment of stone fruits and berries that are ripe and ready.

MERINGUE

- **4 large egg whites**
- **1 cup granulated sugar**
- **2 teaspoons cornstarch, sifted**
- **1 teaspoon almond extract**
- **1 teaspoon white-wine vinegar**

WHIPPED CREAM & TOPPING

- **1 cup heavy cream**
- **1 teaspoon vanilla extract**
- **2 pounds stone fruit, such as apricots, nectarines, peaches, plums *and/or* pluots, sliced**
- **1 cup berries, such as blueberries *or* blackberries**
- **1 tablespoon Cointreau**

1. To prepare meringue: Preheat oven to 250°F. Line a baking sheet with parchment paper.

2. Beat egg whites in a stand mixer fitted with the whisk attachment on medium-high speed until soft peaks form, about 1 minute. With the mixer running, add sugar 1 tablespoon at a time, beating until the mixture is stiff, shiny and smooth, about 5 minutes. *(See photo, page 129.)* Sprinkle cornstarch, almond extract and vinegar over the whites and use a spatula to gently but thoroughly fold it all together.

3. Spoon the meringue mixture onto the center of the prepared pan. Using the back of a spoon, gently spread it outward into a 12-inch circle, building the edge up slightly and smoothing the center down so there is a bowl-shaped dip.

4. Bake the meringue until dry on the outside and a creamy tan color, about 1¼ hours. Turn off the oven, crack the door, and let the meringue cool completely, about 1 hour. (It's OK if it cracks a little while it cools.) Carefully remove the paper and gently place the meringue on a flat serving plate.

5. To prepare whipped cream, assemble & serve: Just before serving, beat cream and vanilla in a mixing bowl with an electric mixer on medium speed until soft peaks form.

6. Fill the center of the meringue with the whipped cream, arrange fruit on top and drizzle with Cointreau.

SERVES 12: 1 cup each

CAL 187 / **FAT** 8G (SAT 5G) / **CHOL** 23MG / **CARBS** 28G / **TOTAL SUGARS** 26G (ADDED 17G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 24MG / **POTASSIUM** 200MG.

Stone-Fruit Pavlova

Apricot Pie

ACTIVE: 45 min **TOTAL:** 3¾ hrs

TO MAKE AHEAD: Refrigerate crust (Step 1) for up to 3 days or freeze for up to 3 months; thaw in the refrigerator for 24 hours before using. Store pie at room temperature for up to 1 day.

EQUIPMENT: 9-inch pie pan (not deep-dish)

Apricots signal the start of the stone-fruit season. Here they're tossed with a squeeze of lemon and a pinch of nutmeg, which highlights their flavor. You can also make this pie with nectarines or peaches. (Photo: page 119.)

CRUST

- **1½ cups all-purpose flour**
- **1½ cups white whole-wheat flour**
- **2 tablespoons sugar plus 2 teaspoons, divided**
- **¾ teaspoon baking powder**
- **½ teaspoon salt**
- **¼ cup canola oil**
- **4 tablespoons cold butter, cut into ½-inch cubes**
- **4 ounces cold reduced-fat cream cheese, cut into ½-inch cubes**
- **5-6 tablespoons water**
- **1½ tablespoons cider vinegar**
- **1 large egg white, mixed with 1 tablespoon water**

FILLING

- **1½-2 pounds ripe apricots, quartered (6 cups)**
- **½ cup sugar**
- **⅓ cup all-purpose flour**
- **1 teaspoon quick-cooking tapioca**
- **1 teaspoon lemon juice**
- **¼ teaspoon salt**
- **Pinch of freshly grated nutmeg**
- **1½ teaspoons butter, cubed**

1. To prepare crust: Combine all-purpose and whole-wheat flours, 2 tablespoons sugar, baking powder and ½ teaspoon salt in a food processor. Pulse 3 times to mix. Add oil, 4 tablespoons butter and cream cheese and pulse until it looks like coarse meal, 10 to 15 times. Add 5 tablespoons water and vinegar;

Nectarine Scones

pulse until the dough is starting to come together, about 5 more times; add 1 tablespoon water, if necessary. Turn the dough out onto a clean surface and knead until it comes together. Divide the dough in half and shape into two 5-inch-wide disks. Wrap each in plastic wrap and refrigerate for at least 1 hour.

2. When ready to assemble & bake: Preheat oven to 425°F.

3. Roll out one disk of dough on a lightly floured surface into a 12-inch circle. Transfer to a 9-inch pie pan.

4. To prepare filling: Gently toss apricots, sugar, flour, tapioca, lemon juice, salt and nutmeg in a large bowl. Scrape the filling into the crust. Dot with butter.

5. To prepare lattice top *(see photos, page 134)*: Roll out the remaining dough on a lightly floured surface into a 12-inch circle. Cut the dough into about 12 strips (1 inch wide). Lift off every other strip and lay them on top of the pie, leaving about a 1-inch gap between strips. Fold back the first, third and fifth strips of dough all the way to the edge of the pie. Place a shorter strip of dough across the unfolded strips, about 1 inch from the edge. Unfold the folded strips over that crosswise strip. Fold back the second and fourth strips to the crosswise strip. Place another strip crosswise, about 1 inch from the first. Unfold the strips over that second crosswise strip. Continue alternately folding and placing until the top is covered with woven strips. (You may not use them all.)

6. Trim the crust so it evenly overhangs the edge of the pan by about 1 inch. Tuck the overhang under and press to seal the two crusts together. Crimp the edge with a fork or flute it between your thumb and the side of your index finger *(see photos, page 135)*. Brush the lattice with egg white mixture and sprinkle with the remaining 2 teaspoons sugar.

7. Bake the pie for 15 minutes. Reduce oven temperature to 375°F and continue baking until the crust is golden brown, the fruit is tender and the juices are bubbling, about 35 minutes more. Tent with foil if the crust is browning too quickly. Let cool completely on a wire rack before slicing.

SERVES 12: 1 slice each
CAL 296 / **FAT** 11G (SAT 4G) / **CHOL** 14MG / **CARBS** 44G / **TOTAL SUGARS** 17G (ADDED 11G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 233MG / **POTASSIUM** 206MG.

Nectarine Scones

ACTIVE: 35 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Store airtight for up to 1 day; reheat at 300°F for 10 to 15 minutes.
EQUIPMENT: Parchment paper

Try swapping in different stone fruits as they ripen throughout the season.

- **2 cups all-purpose flour**
- **2 cups white whole-wheat flour**
- **½ cup sugar plus 2 teaspoons, divided**
- **1½ tablespoons aluminum-free baking powder (see *Tip*)**
- **½ teaspoon salt**
- **⅛ teaspoon baking soda**
- **1 large egg**
- **1¼ cups sour cream**
- **1 cup whole milk plus 2 teaspoons, divided**
- **4 tablespoons butter, melted**
- **¼ cup canola oil**
- **1 tablespoon grated orange zest**
- **1 teaspoon vanilla extract**
- **1¼ cups diced ripe nectarine (1 medium)**

1. Position racks in middle and upper thirds of oven; preheat to 425°F. Line 2 baking sheets with parchment paper.

2. Whisk all-purpose and whole-wheat flours, ½ cup sugar, baking powder, salt and baking soda in a large bowl.

3. Make a well in the flour mixture and crack egg in the center. Add sour cream, 1 cup milk, butter, oil, orange zest and vanilla. Using a fork, mix together quickly until everything has just come together but is not overmixed. Using a spatula, fold in nectarine.

4. Turn the dough out onto a lightly floured surface. Form into 2 balls and pat each into a 7-inch circle about 1 inch thick. Brush with the remaining 2 teaspoons milk and sprinkle with the remaining 2 teaspoons sugar. Cut each round into 8 wedges, separate and place on the prepared pans.

5. Bake the scones, swapping pans from top to bottom and front to back after 10 minutes, until golden brown, 20 to 25 minutes total.

SERVES 16: 1 scone each
CAL 239 / **FAT** 10G (SAT 4G) / **CHOL** 30MG / **CARBS** 33G / **TOTAL SUGARS** 9G (ADDED 7G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 236MG / **POTASSIUM** 101MG.

Tip: To avoid the risk of a metallic taste, recipes that use more than a few teaspoons of baking powder often call for an aluminum-free version of the leavener. It can be found in the baking section of well-stocked markets.

FOOD STYLING: THERESA GILLIAM

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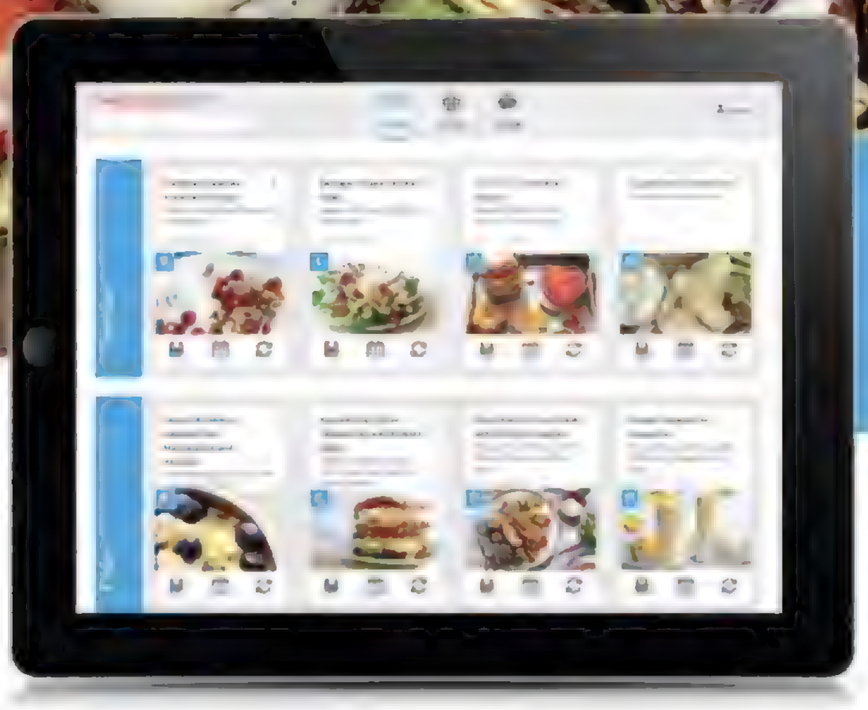

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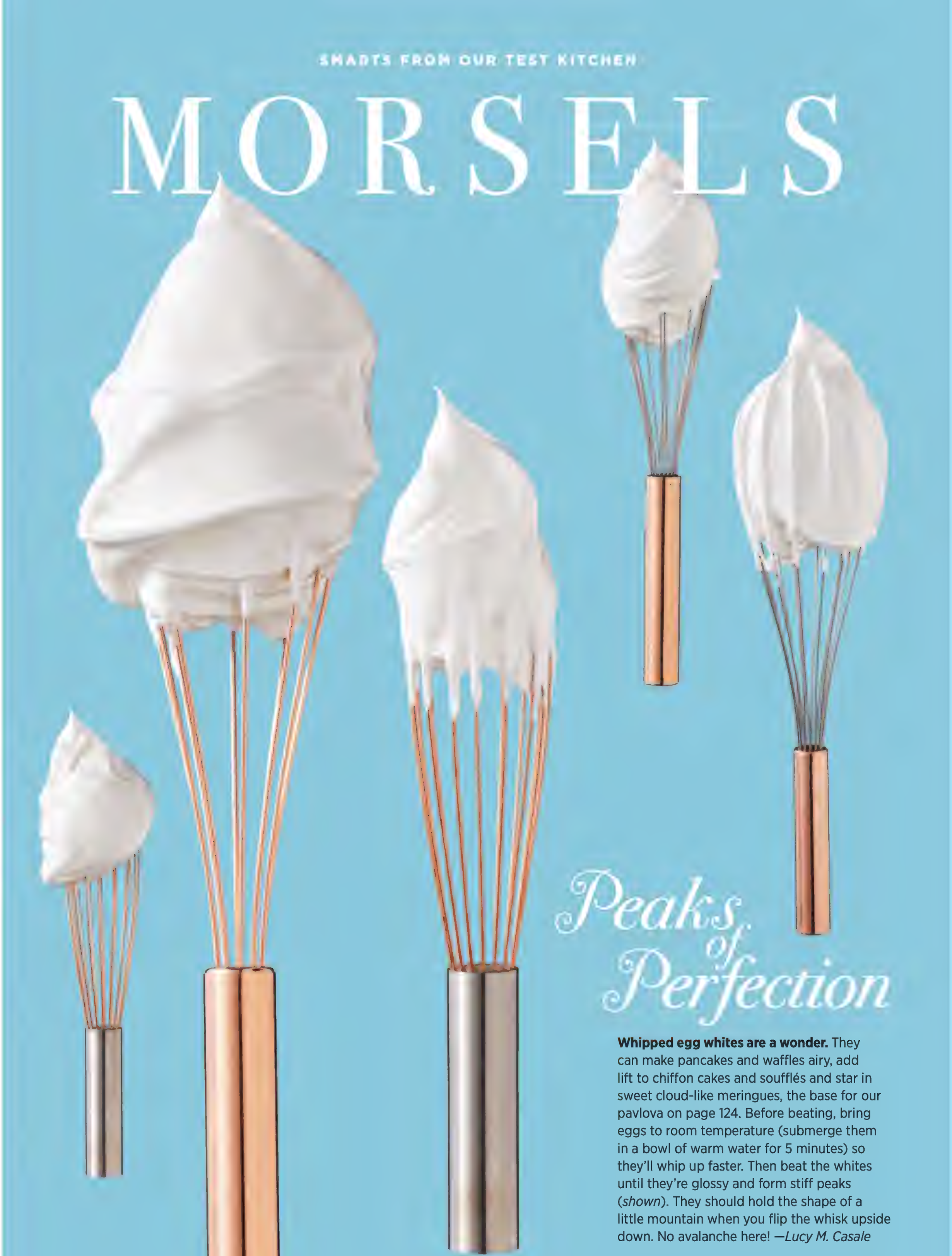
SMARTS FROM OUR TEST KITCHEN

MORSELS



Peaks of Perfection

Whipped egg whites are a wonder. They can make pancakes and waffles airy, add lift to chiffon cakes and soufflés and star in sweet cloud-like meringues, the base for our pavlova on page 124. Before beating, bring eggs to room temperature (submerge them in a bowl of warm water for 5 minutes) so they'll whip up faster. Then beat the whites until they're glossy and form stiff peaks (*shown*). They should hold the shape of a little mountain when you flip the whisk upside down. No avalanche here! —*Lucy M. Casale*

JENNIFER CAUSEY; STYLING: TORIE COX (FOOD), HEATHER CHADDUCK HILLEGAS (PROPS)

Hover your phone's camera over this smart code to see photos of our favorite new kitchen faucets!

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NEED A NEW KITCHEN FAUCET? *EATINGWELL* ASKED NASHVILLE INTERIOR DESIGNER TORI ALEXANDER TO SHARE THE ESSENTIAL FEATURES TO SHOP FOR—AND WALK YOU THROUGH SOME OF THE LATEST TRENDS AND TECHNOLOGY. BY CAROLINE MCKENZIE

CHECK THE REACH
"It may seem like a no-brainer, but consider your sink when selecting a faucet," says Alexander, particularly if you have an oversized double-bowl or apron-front sink that calls for a far-reaching one. The head should stretch all the way to the sink's outer edge. (Most manufacturers list the spout height and hose length in the product specs.)

SINK A HOLE-IN-ONE
Count how many holes your sink has before you go shopping. For example, a three-hole sink calls for a three-piece faucet (a spigot plus hot and cold knobs), while a four-hole sink requires all of those, plus a soap pump. (If you're buying a new faucet *and* sink, you'll also want to make sure they'll fit together.)

DON'T RISK THE DISCS All faucets have an inner valve that controls the water flow, and these valves come in several different types and materials. But Alexander insists there is only one kind you want to shop for: ceramic disc valves. Why? They're virtually indestructible and therefore preferred to other kinds, like ball or cartridge.

TRY TOUCHLESS
Hands-free operation (where a sensor automatically turns the water on when you wave your palm underneath) is a newer faucet feature Alexander recommends considering. "Let's face it, we've all touched raw chicken or egg yolks and not wanted to pass those germs on to others," she says. (See "What's on Tap" for more smart innovations.)

What's on Tap

5 NEW & NOTEWORTHY FAUCETS TO CHECK OUT

1 Beale MeasureFill Touch by American Standard
The cool feature here is an automatic cup filler that delivers a precise volume of water on demand—no measuring cups needed! Just turn the discreetly designed dial for up to 5 cups of water. ($645 & up, *americanstandard.com*)

2 Delta Allentown Kitchen Faucet with TempSense Indicator
Never scald your hand on piping-hot water again! A color-changing temperature display turns blue when water is below 80°F, magenta from 80°F to 110°F, and red when temps rise above 110°F. ($268, *homedepot.com*)

3 Kohler Sensate Touchless Kitchen Faucet
For on-trend colored finishes from oil-rubbed bronze to ooh-la-la ombre rose gold, stop your search here. Plus, it's touchless! ($748 & up, *kohler.com*)

4 Nio by Moen
Matte black is hot right now, but this spout turns it up a notch with customizable handle options in brushed gold, chrome and stainless steel (insert flame emoji). ($746, *moen.com*)

5 Grohe Blue Chilled & Sparkling Kitchen Faucet
A concealed water filter, cooler and carbonation system delivers ice-cold still, semi-sparkling and fully carbonated water straight from the tap with the turn of a knob. Expensive? Definitely. Ultra-convenient and covetable? Also definitely. ($2,800, *grohe.com*)

ANTHONY MASTERSON PHOTOGRAPHY, INC.

Star-Spangled Sipper

ADD A LITTLE RED, WHITE AND BLUE TO THE CLASSIC GIN FIZZ—AND FIND OUT HOW EACH INGREDIENT HELPS CREATE THIS FESTIVE, FOAMY COCKTAIL. BY DEVON O'BRIEN

Sour cherries

These tart fruits contain anthocyanins, antioxidants shown to reduce muscle soreness after workouts, and melatonin, which can help you sleep better. If you can't find them fresh, use frozen. Skip jarred or canned cherries to avoid added sugar.

London dry gin

This spirit (mainly produced in England) guarantees that tried-and-true juniper berry flavor—without being too sweet. In fact, in order to be labeled or advertised as a "dry" or "London dry" gin, the flavor must be juniper-dominated with no sweetening agents added, according to EU regulations. (Other gins may have sugars added after the distilling process.)

Egg white

It gives this drink creaminess and extra fizz. As you shake, the protein in the egg white traps air bubbles and creates a layer of foam. Use a pasteurized-in-the-shell egg to ensure food safety.

Club soda or seltzer

While seltzer is simply carbonated water, club soda is made with added minerals, such as potassium citrate and sodium bicarbonate, adding a slight saltiness, tanginess or even metallic taste to your sip—depending on which brand you buy. Either bubbly beverage works with this cocktail's flavor. If you're watching sodium, scan club soda labels; some pack more than others.

Superfine sugar

Tiny granules mean it dissolves almost instantly (and saves you from having to make a simple syrup). Find it in the baking section of most supermarkets.

Sour Cherry Gin Fizz **ACTIVE:** 5 min **TOTAL:** 5 min

Muddle ¼ cup **sour cherries** (fresh *or* thawed if frozen) and 1 tsp. **superfine sugar** in a cocktail shaker or mason jar with a tight-fitting lid. Add 3 oz. **London dry gin,** 1 oz. **tart cherry juice,** ½ oz. **lemon juice,** 1 large **egg white** and 4-5 **ice cubes;** cover and shake for 30 seconds. Strain into 2 glasses filled with ice. Top each with 1 oz. **club soda (*or* seltzer).** Spoon some of the cherries from the shaker into the glasses. Skewer **fresh blueberries** onto 2 toothpicks to garnish the drinks, if desired.

SERVES 2: 5 oz. each **NUTRITION INFO:** PAGE 134.

JENNIFER CAUSEY; STYLING: TORIE COX (FOOD), HEATHER CHADDUCK HILLEGAS (PROPS)

HOW TO

Weave a Lattice Pie Crust

(Apricot Pie, page 124)

1 Cut the dough into twelve 1-inch strips using a sharp knife or pizza cutter. Lift off every other strip and place them next to each other on top of the pie, leaving about a 1-inch gap between strips.

2 Fold back the first, third and fifth strips of dough all the way to the edge of the pie. Place another strip of dough across the second and fourth strips, about 1 inch from the edge. Unfold the folded strips over the crosswise strip.

3 Fold back the second and fourth strips of dough all the way to the crosswise strip. Place a strip of dough across the unfolded strips. Unfold the folded strips over the second crosswise strip. Repeat, alternating Steps 2 and 3 until the top is covered. (You might not use all 12 strips.)

4 Trim the dough so it evenly overhangs the edge of the pan by about 1 inch. Tuck the overhang under and press to seal the two crusts together. Crimp or flute the edges (see *How To*, opposite.)

JENNIFER CAUSEY; STYLING: MARGARET DICKEY (FOOD), HEATHER CHADDUCK HILLEGAS (PROPS)

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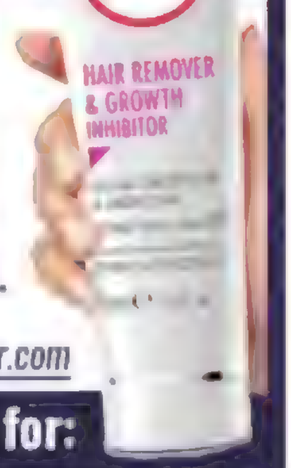

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HOW TO

Crimp or Flute Pie Crust

(Apricot Pie, page 124)

1. Use a fork to crimp the edge.
2. Or use two hands to pinch ("flute") the edge of the crust: push the thumb of one hand in between the thumb and index finger of your opposite hand.

HOW TO

Fold a Crostata

(Stone-Fruit Crostatas with Cream Cheese Crust, page 121)

1. Roll out your pastry to roughly a 7-inch circle (you want it to look rustic, not perfect). Pile on your filling, leaving a 1-inch border of pastry around the edge.
2. Fold the border up over the filling to form a rim, pleating as necessary.

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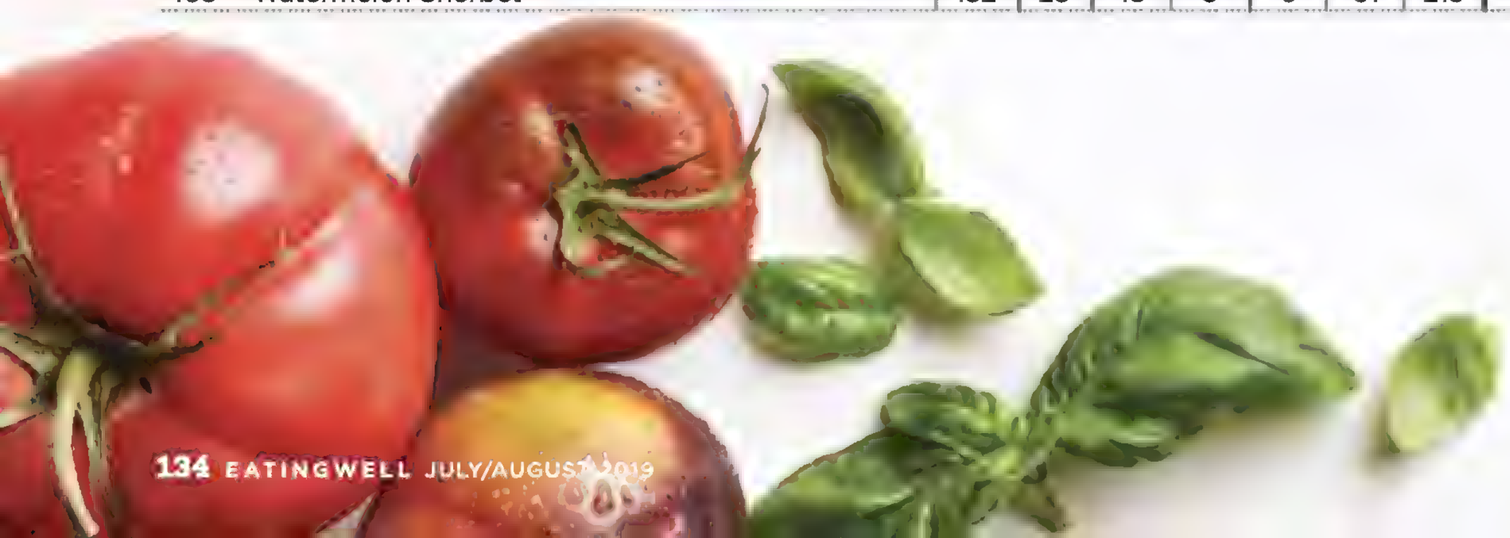
RECIPE INDEX

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Cocktails																				
49	Elderberry Sunset	258	28	23	0	0	8	1							■	■			■	■
131	Sour Cherry Gin Fizz	134	7	2	2	0	40	95							■	■				■
Side Dishes, Salads & Soup																				
102	Blistered 3-Bean Salad	115	11	3	4	4	374	269						23	■	■		■		■
100	Corn on the Cob with Pesto Butter	168	20	0	5	2	346	297							■	■		■		■
39	Grilled Coleslaw with Lemon-Herb Vinaigrette	182	13	2	2	3	332	356				64		117	■	■		■		■
115	Heirloom Tomato Salad with Charred Corn & Pepper Salsa	104	13	0	3	2	348	364				46		60	■	■		■		■
39	Roasted Bell Pepper Salad with Mozzarella & Basil	166	9	0	6	1	307	259						365	■	■		■		■
114	Summer Tomato Gazpacho	176	18	0	4	4	475	604				50		93				■	■	■
102	Zucchini Fritters with Dill Yogurt	105	10	0	4	1	292	270							■			■		■
Dinner Salads																				
18	Chipotle Chicken, Halloumi & Grilled Romaine Salad	403	19	2	24	8	573	1,088		113	22	551		41	■	■		■		
36	Poached Chicken & Arugula Salad with Tomatoes & Chili Crisp	261	5	0	26	2	421	423				26		24	■	■		■		
20	Pork Tenderloin with Watermelon Panzanella	484	52	0	32	3	644	786				37		46						
28	Summer Vegetable Sesame Noodles	387	61	0	15	6	629	621						46	■			■	■	■
Vegetarian																				
35	Avocado & White Bean Sandwich	567	55	3	22	15	941	839	35	44		56		42	■			■		■
14	Charred Eggplant & Tomatoes with Polenta	354	39	0	7	8	404	783				31		35	■	■		■		■
14	Charred Eggplant & Tomato Pasta	449	62	0	14	12	392	841			20	28		35	■			■		■
14	Charred Zucchini & Tomatoes with Polenta	330	33	0	6	5	410	689				34		63	■	■		■		■
44	Ratatouille Nachos	293	31	0	13	7	599	564	26	21				44	■			■		■
22	Super-Green Thai Curry	596	64	1	8	5	779	769		20	36	63		63	■	■				■
99	Tomato Tart	443	36	1	14	3	515	275	28			22								■
Chicken																				
30	Chicken with Basil-Anchovy Butter & Shishito Peppers	265	5	0	23	2	381	354				58		181	■	■		■		
114	Grilled Chicken with Dirty Wild Rice	472	33	0	38	3	499	753		38		49	54			■				
24	Mojito-Marinated Chicken Kebabs	324	10	2	39	2	373	716								■		■		
Fish & Seafood																				
26	Salmon with Curried Yogurt & Cucumber Salad	258	4	0	30	0	383	650					103		■	■	■	■		
43	Shrimp Boil	202	22	0	19	2	582	568						21	■	■	■	■		
Beef & Pork																				
116	Creamy Cavatelli with Braised Pork, Shishito Peppers & Basil	506	41	0	23	3	466	551							■			■		
116	Grilled Hanger Steak with Stuffed Squash Blossoms & Crispy Onions	464	13	0	27	2	505	685				36		68				■		
105	Grilled Skirt Steak with Corn-Tomato Relish	311	7	0	25	1	441	556					71		■	■		■		
16	Kimchi Pork Burgers	441	32	1	27	7	769	617						23	■			■		
32	Pizza with Prosciutto, Corn & Arugula	436	53	1	18	3	684	199	23						■					
116	Red Wine–Braised Pork	257	5	0	20	1	347	432				29				■		■		
14	Sausage, Eggplant & Tomatoes with Polenta	438	40	0	16	8	728	893				30		35	■	■		■		
Sauces																				
46	Herby Raita	18	2	0	1	0	108	93							■	■		■		■
46	Tomato-Marjoram Salsa	5	1	0	0	0	81	58							■	■		■	■	■
46	Zhoug	72	2	0	0	1	151	72						30	■	■		■	■	■
Desserts & Baked Goods																				
124	Apricot Pie	296	44	11	6	3	233	205				26								■
125	Nectarine Scones	239	33	7	5	2	236	101												■
123	Spiced Tea Bread with Fresh Plums	256	34	16	6	3	261	109												■
121	Stone-Fruit Crostatas with Cream Cheese Crust	337	41	11	6	3	242	166												■
124	Stone-Fruit Pavlova	187	28	17	3	2	24	200										■		■
105	Watermelon Sherbet	132	25	18	3	0	91	219								■	■	■		■



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Harvesting Water for Urban Farms

A MILWAUKEE NONPROFIT CAPTURES STORMWATER TO HELP THE CITY GROW.

BY LINDSAY CHRISTIANS

THE SITUATION

In 2012, the city of Milwaukee, Wisconsin, announced an exciting plan: to transform vacant lots and foreclosed homes into urban farms and gardens. But these gardens would need water, and city fire hydrants weren't designed to be under continuous pressure from farmers. Meanwhile, Midwestern summers were trending toward more intense rain events. Summer 2010 was particularly bad. Flooding was so severe that parts of the interstate were closed and basements were covered in sewage. Environmental engineer Justin Hegarty wondered, "How can we capture rain and supply it as a water source for urban agriculture?"

WHAT HE DID

Hegarty spearheaded a master plan that would use bioswales, curved ditches with plants, soil, rocks and metal mesh, to filter rainwater on its way to an underground cistern. Solar-powered pumps would bring the water back to the surface to irrigate plants. Software would monitor the entire system, checking for rain and regulating the water level in the cistern. To put his design into action, Hegarty co-founded Reflo in 2013. The nonprofit helps design, fund and construct local, sustainable water projects.

WHY IT'S COOL

Reflo has built 36 projects so far in the Milwaukee area, including turning asphalt into green spaces for city schools and bringing filtered stormwater to urban farms. One happy client is Cream City Farms, an urban learning farm on an acre-plus of formerly contaminated land. Reflo worked with the city and the metro sewage district to install a 40,000-gallon cistern, fed by bioswales on the farm's perimeter. This lessens stormwater issues like sewer backups in the neighborhood and gives farmer David Johnson water to irrigate his melons, squash, cucumbers and leafy greens. "I basically have an endless supply of water," Johnson says of the cistern. "It's a godsend."

Hold your phone's camera over the smart code to watch our new *Food with Purpose* video series.

Justin Hegarty sits outside the Fondy Farmers' Market where Reflo helped implement a storm-water management strategy that helps keep polluted water from over-flowing into the Milwaukee River.

TOM LYNN PHOTOGRAPHY

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Caramel Macchiato

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Iced Caramel Latte

Mix 2 tbsp Torani Caramel Sauce with 1 cup milk and 2 shots chilled espresso and serve in a rimmed glass with Caramel Sauce & sea salt

Boozy Bourbon Caramel Shake

Blend together 3 tbsp Torani Caramel Sauce, 2 oz bourbon and 2 cups chocolate ice cream

Caramel Shakerato

Shake 1 tbsp Torani Caramel Sauce, 1 cup cold brew and 2 tbsp half & half in a cocktail shaker

Iced Turtle Latte

Stir 1 tbsp Torani Caramel Sauce and 1 tbsp Torani Dark Chocolate Sauce with 1 cup milk and 2 shots chilled espresso. Top with whip cream & more sauce

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